

Falls Church Recreation & Parks



Summer 2014

Registration Dates:

Residents: May 5; Non-Residents: May 12

Register Online at www.fallschurchva.gov/recreation

photo by Gary Mester

Farmers' Market



photo by Gary Mester

Voted America's Favorite Farmers' Market!

Saturdays - Open Year Round!

April 5-December 27, 2014

8am to 12noon

January 3-March 28, 2015

9am-12 noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

MARKET
FALLS CHURCH
CITY HALL
EVERY SATURDAY
8AM-12 NOON

Concerts in the Park

Thursdays, June 26-August 7, 7pm

Cherry Hill Park, 312 Park Avenue

The Village Preservation and Improvement Society are proud to announce the lineup for the 22nd season of Summer Concerts in Cherry Hill Park. Co-sponsored by the City of Falls Church Recreation and Parks Department, the concerts take place on seven Thursdays this summer at 7pm beginning June 26th through August 7th. Bands with a local connection are always featured. Come, bring your blankets, chairs and picnic dinners, and join your friends and neighbors to enjoy one of the highlights of summer.

- June 26 Falls Church Concert Band
Local musicians presenting concert music
- July 3 Big Tow
Rock & Alternative
- July 10 Verroneau
World Jazz
- July 17 MSJ Project
Classic Rock
- July 24 Andrew Acosta and the New Old Time String Band
Roots Music
- July 31 Bob Gibson Big Band
Big Band
- August 7 Tom Principato
Blues Rock

33rd Annual Memorial Day Parade and Festival



photo by Gary Mester

Monday, May 26, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more.

For more information, visit fallschurchva.gov/events or call 703-248-5178.

Independence Day Celebration

Friday, July 4, 7pm (Rain Date July 5)

George Mason High School, 7124 Leesburg Pike

Live music beginning at 7pm

Fireworks, 9:20pm

Bring a blanket or chair and the entire family for an evening of fun and spectacular fireworks!

For more information, visit fallschurchva.gov/events or call 703-248-5178.



photo by Gary Mester

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Amy Maltese at 703-248-5199 or amaltese@fallschurchva.gov.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
 Friday: 8am-11pm
 Saturday: 8:30am-11pm
 Sunday: 2-6pm (April-December)
 12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed on Memorial Day, May 26 and Independence Day, July 4.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: May 26, Memorial Day and July 4, Independence Day.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
 Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077

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Recreation & Parks Staff

Daniel J. Schlitt, Director
Debbie Woodbury, Hobby Class Coordinator, Senior Program Supervisor
Amy Maltese, Special Events, Senior Program Supervisor
Chris Madison, Sports Coordinator, Program Supervisor
Ashley Green, Teen and Camp Coordinator, Program Supervisor
Tracy Browand, Senior Center Coordinator, Recreation Specialist
Krissy Loerch, Senior Administrative Assistant
Lisa Reid, Administrative Assistant
Howard Herman, Farmers' Market Manager
Rachel Crichton, Cherry Hill Farmhouse Coordinator
Mike Noyes, Crew Leader, Parks and Landscape Maintenance
Juan Salguero, Building Maintenance Worker
Sonny Sikhhattana, Building Maintenance Worker
William Kargbo, Building Maintenance Worker
Greg Mosley, Landscape Maintenance Worker
Raul Chafloque, Building Maintenance Worker
Tim Xhepa, Landscape Maintenance Worker

Recreation and Parks Advisory Board

Kathryn Chandler, Chair
Steve Selby, Vice Chair
Robert Meeks, Planning Commission Representative
Lawrence Webb, School Board Representative
Charles O'Hara
Lori Lafave
Leslie Rye



Cherry Hill Farmhouse



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling **703.248.5171**. The house is open to the public Monday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-1pm. We strongly encourage all visitors to call ahead to ensure tour availability, **703.248.5171**.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at **703.248.5027**. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call Rachel Crichton at **703.248.5171**.

EVENTS AT CHERRY HILL FARMHOUSE

Civil War Spies, a Lecture by Jon Wiant

Join us for an intriguing historical lecture on Civil War spies and the art of spy-craft.

Date: Sat: 5/10

Time: 1:30pm – 3:00pm

Fee: \$8.00

Location: Cherry Hill Farmhouse

Call **703.248.5171** for more information and reservations.

FALLS CHURCH CIVIL WAR DAY

It happened here! Learn how the Civil War affected Falls Church as re-enactors portray both civilians and soldiers from the period. Watch soldiers conduct firing and drilling exercises, listen to spy stories, letter readings and period music. Look for our children's tent filled with lots of activities for kids. Old-fashioned box lunches with fried chicken, cole slaw, corn bread, ginger cake, and lemonade can be pre-ordered for \$8.

Date: Sat: 5/17

Time: 10am – 3pm

Location: Cherry Hill Park

Call **703.248.5171** for more information.



Preschool Programs

Preschool Program 3-5 years



Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Preschool- Juniors

(Birthdates: Oct. 1, 2010- Sept. 30, 2011)

Tue/Thu: 9/9-12/18* **9am-12pm**
111001-D R: \$560 / NR: \$570

*No class dates 11/11, 11/27

Tue/Thu: 1/6-5/21* **9am-12pm**
211001-B R: \$770 / NR: \$780

*No class dates 3/31, 4/2

Location: Preschool Room

Preschool- Seniors

(Birthdates: Oct. 1, 2009- Sept. 30, 2010)

Mon/Wed/Fri: 9/8-12/19* **9am-12pm**
111002-D R: \$790 / NR: \$800

*No class dates 10/13, 11/28

Mon/Wed/Fri: 1/5-5/22* **9am-12pm**
211002-B R: \$1060 / NR: \$1070

*No class dates 1/19, 2/16, 3/30, 4/1, 4/3

Location: Preschool Room

Preschool, Afternoon

(Birthdates: Oct. 1, 2009- Aug. 30, 2010)

Mon/Wed/Fri: 9/8-12/19* **1-4pm**
111005-D R: \$790 / NR: \$800

*No class dates 10/13, 11/28

Mon/Wed/Fri: 1/5-5/22* **1-4pm**
211004-B R: \$1060 / NR: \$1070

*No class dates 1/19, 2/16, 3/30, 4/1, 4/3

Location: Preschool Room

Please consider paying the \$100 non-refundable deposit to hold a spot in the winter/spring session. This deposit is required to be paid only if a spot is available at the time of initial registration. The balance fee for the second session is due early December.



Open House for New Students:

Orientation for all the enrolled students is on Thursday, September 4, 2014

Juniors: 10am

Seniors: 11am

Afternoon: 12noon

Pre-K Readiness: 1pm to 3pm

Pre-K Readiness 4-5 years



This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2015. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program. You are encouraged to enroll your child for both sessions. Please consider paying the \$100 non-refundable deposit to hold a spot in the winter/spring session. This deposit is required to be paid only if a spot is available at the time of initial registration. The balance fee for the second session is due early December.

(Birthdates: Oct. 1, 2009-Sept. 30, 2010)

Tue/Thu: 9/9-12/18* **1-4pm**
111003-D R: \$560 / NR: \$570

*No class dates 11/11, 11/27

Tue/Thu: 1/6-5/21* **1-4pm**
211003-B R: \$770 / NR: \$780

*No class dates 3/31, 4/2

Location: Preschool Room

Learn more about the
Falls Church Community
Center Preschool program at
[www.fallschurchva.gov/
recreation](http://www.fallschurchva.gov/recreation)

Arts & Crafts

NEW! Passport Tots!

Birth to 3 years

Join us for a new adventure as we discover and explore the exciting world of music, art, language and movement, from countries around the world. Young explorers create their own masterpieces and rhythms using the materials and instruments from countries around the world. Each child will receive an individual photo passport, and a new stamp for their passport, representative of each country explored. Passport Tots will discover Australia, Ghana, and Japan; adult participation is required.

Sat: 6/28-8/9* 9:30-10:15am
330103-A R: \$95 / NR: \$105

*No class dates 7/5

Instructor: Passport Kidz!

Location: Senior Center-Left

Art in Hand® Tots

18 months-3 years

Tots and their parents will make a splash (of color) with us this summer! Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by tot-friendly topics, including the sensations of the sea and shore, while getting a cool respite from the hot summer sun. For more information visit www.artinhand.org

Mon: 6/23-7/28 10:30-11:15am
310104-A R: \$111 / NR: \$121

Thu: 6/26-7/31 10:30-11:15am
310104-B R: \$111 / NR: \$121

Instructor: Art in Hand Staff

Location: Teen Center



Art in Hand® 2.5-6 years

Together with a parent, curious kids will make a splash (of color) with us this summer! Curious kids will enjoy a full hour class that includes sensory play, an interactive story time, and opportunities to create with a wide variety of traditional art media, found objects and natural materials inspired by the sensations of the sea and shore. For more information visit

www.artinhand.org

Thu: 6/26-7/31 11:45am-12:45pm
310105-A R: \$131 / NR: \$141

Instructor: Art in Hand Staff

Location: Teen Center

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Wed: 6/4-7/23 9:30-10:10am
310101-A R: \$126 / NR: \$136

Wed: 6/4-7/23 10:30-11:10am
310101-B R: \$126 / NR: \$136

Sat: 6/7-8/2* 10:15-10:55am
310101-C R: \$126 / NR: \$136

*No class dates 6/14

Instructor: Abrakadoodle

Location: Teen Center

NEW! Passport Kidz!

3-5 years

Young explorers are captivated and engaged, as they create their own masterpieces and rhythms using the materials and instruments from countries around the world. Each class is an exciting adventure- fusing culture, language, movement, art and music- to stimulate both fine and gross motor skills, as well as cognitive development. Each child will receive an individual photo passport, and a new stamp for their passport, representative of Australia, Ghana, and Japan.

Sat: 6/28-8/9* 10:30-11am
330104-A R: \$95 / NR: \$105

*No class dates 7/5

Instructor: Passport Kidz!

Location: Senior Center-Left

NEW! Little Puppeteers

3-5 years

Bring your child to this creative hands on workshop. Students will explore the world of puppetry and interact with a variety of puppets, including: finger puppets, hand puppets, and ventriloquist puppets. They will take part in puppet sing-a-longs and games, create their own puppets, perform for each other, and watch puppet demonstrations. Creative and artistic expression is unlimited in this class. Parent participation is required. To learn more, see www.luckystarspuppets.com

Wed: 8/13-8/20 11:15am-12pm
310709-B R: \$40 / NR: \$50

Instructor: Wendy Papier

Location: Teen Center

NEW! Little Puppeteers Workshop

3-5 years

Bring your child to this interactive and creative puppet workshop. Students will be introduced to the world of puppetry, including: finger puppets, hand puppets, and ventriloquist puppets. They will take part in puppet circle time and sing-a-longs, watch puppet demonstrations, and use puppets to play games and communicate with one another. To keep the magic of puppetry going at home-each child will leave class with some puppet activities or crafts. Parent participation is required. To learn more, see www.luckystarspuppets.com.

Location: Art Room

Thu: 6/19 10:30-11:15am

310708-A R: \$23 / NR: \$28

Thu: 6/19 11:45am-12:30pm

310708-B R: \$23 / NR: \$28

Location: Community Room

Mon: 6/23 10:30-11:15am

310708-C R: \$23 / NR: \$28

Mon: 6/23 11:45am-12:30pm

310708-D R: \$23 / NR: \$28

Thu: 7/3 2-2:45pm

310708-G R: \$23 / NR: \$28

Sat: 7/19 10:30-11:15am

310708-H R: \$23 / NR: \$28

Sat: 7/19 11:45am-12:30pm

310708-I R: \$23 / NR: \$28

Instructor: Wendy Papier

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Location: Teen Center

Wed: 6/4-7/23 2-2:45pm

310102-A R: \$126 / NR: \$136

Location: Art Room

Sat: 6/7-8/2* 11:15am-12pm

310102-B R: \$126 / NR: \$136

*No class dates 6/14

Instructor: Abrakadoodle



Abrakadoodle "Sculpt It!" 6-12 years

Learn to create 3D art using a variety of tools (wire, wood, clay, aluminum, plastic, string and paper). We will explore amazing artists or artist styles while we practice different types of sculpture. So, join us as we mold, bend, twist, stretch, balance and most importantly use our imaginations while we create interesting things that are sure to brighten someone's day.

Tue: 6/3-7/22 4:30-5:30pm

320123-A R: \$131 / NR: \$141

Instructor: Abrakadoodle

Location: Senior Center-Left



Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 6/4-7/23 4:30-5:30pm

320144-A R: \$131 / NR: \$141

Instructor: Abrakadoodle

Location: Senior Center-Right

Fun with Drawing

6-12 years

NEW drawing lessons every week! We teach drawing and art appreciation with a progressive, open-ended approach. Our teachers use stepwise instruction to inspire students' independent creations. Young artists build on basic drawing skills, experiment with line, color and form, and improve motor-spatial reasoning in a fun, creative environment. Each session includes seasonal drawings, an art history lesson, realistic and abstract images. Nurture your child's inner artist!

Wed: 6/4-7/9

6-7pm

330105-A

R: \$100 / NR: \$110

Tue: 7/1-8/5

2-3pm

330105-B

R: \$100 / NR: \$110

Instructor: Young Rembrandts

Location: Senior Center-Left



Fun with Cartooning

6-12 years

NEW, entertaining lessons every week! We introduce students to the fun of making their own cartoon images to animate characters or tell a joke. Kids learn to draw action and expressions, play with color, and express their humor and creativity. An amusing way to learn about emotional expression, social sequencing and spatial organization. Seriously silly fun!

Wed: 6/4-7/9

4:30-5:30pm

330106-A

R: \$100 / NR: \$110

Tue: 7/1-8/5

3:30-4:30pm

330106-B

R: \$100 / NR: \$110

Instructor: Young Rembrandts

Location: Senior Center-Left

Music Classes

Musical Summer Fun!

Birth-5 years

Come enjoy some Summer Fun without getting too HOT, HOT, HOT!!! Surf's up! Sing, move, and play instruments on the "beach" next to some seashells and beach balls. www.MusicWithMaddy.com

Mon: 7/14	9:15-10am
310609-A	R: \$15 / NR: \$20
Mon: 7/14	10:15-11am
310609-B	R: \$15 / NR: \$20
Mon: 7/14	11:15am-12pm
310609-C	R: \$15 / NR: \$20
Thu: 7/24	9:15-10am
310609-D	R: \$15 / NR: \$20
Thu: 7/24	10:15-11am
310609-E	R: \$15 / NR: \$20
Thu: 7/24	11:15am-12pm
310609-F	R: \$15 / NR: \$20

Location: Community Room

Instructor: Maddy O'Neill-Dean

Nursery Rhyme Time!

Birth-5 years

Experience your favorite nursery rhymes in a whole new musical way. Celebrate nursery rhymes through puppets, song, instrument play and more!

www.MusicWithMaddy.com

Tue: 7/15	9:15-10am
310611-A	R: \$15 / NR: \$20
Tue: 7/15	10:15-11am
310611-B	R: \$15 / NR: \$20
Tue: 7/15	11:15am-12pm
310611-C	R: \$15 / NR: \$20
Mon: 7/21	9:15-10am
310611-D	R: \$15 / NR: \$20
Mon: 7/21	10:15-11am
310611-E	R: \$15 / NR: \$20
Mon: 7/21	11:15am-12pm
310611-F	R: \$15 / NR: \$20

Location: Community Room

Instructor: Maddy O'Neill-Dean



Music and Movin'!

Birth-5 years

Young children love trains, trucks, planes, boats, and old brass wagons! Hop on board the musical choo-choo and the colorful merry-go-round, and move and groove with Maddy of Music Together. Let's get our musical engines going with egg shakers, drums, parachute, and fun!

www.MusicWithMaddy.com

Wed: 7/16	9:15-10:15am
310612-A	R: \$15 / NR: \$20
Wed: 7/16	10:15-11am
310612-B	R: \$15 / NR: \$20
Wed: 7/16	11:15am-12pm
310612-C	R: \$15 / NR: \$20
Tue: 7/22	9:15-10:15am
310612-D	R: \$15 / NR: \$20
Tue: 7/22	10:15-11am
310612-E	R: \$15 / NR: \$20
Tue: 7/22	11:15am-12pm
310612-F	R: \$15 / NR: \$20

Location: Community Room

Instructor: Maddy O'Neill-Dean

Music Around the World

Birth-5 years

Let's take off on a musical adventure around the world. We'll sing, dance and play instruments as we visit Ireland, Mexico, Greece, China, France and more!! www.MusicWithMaddy.com

Thu: 7/17	9:15-10:15am
310606-A	R: \$15 / NR: \$20
Thu: 7/17	10:15-11am
310606-B	R: \$15 / NR: \$20
Thu: 7/17	11:15am-12pm
310606-C	R: \$15 / NR: \$20
Wed: 7/23	9:15-10:15am
310606-D	R: \$15 / NR: \$20
Wed: 7/23	10:15-11am
310606-E	R: \$15 / NR: \$20
Wed: 7/23	11:15am-12pm
310606-F	R: \$15 / NR: \$20

Location: Community Room

Instructor: Maddy O'Neill-Dean



Music in the Kitchen

Birth-5 years

Time to mix up some musical cooking fun with Miss Susan of Music Together and her pots and pans! Simply add kids, lots of kitchen instruments, and a dash of savory kitchen music and dance for 45 minutes of "delicious" fun.

Fri: 7/18	9:15-10am
310617-A	R: \$15 / NR: \$20
Fri: 7/18	10:15-11am
310617-B	R: \$15 / NR: \$20
Fri: 7/25	9:15-10am
310617-C	R: \$15 / NR: \$20
Fri: 7/25	10:15-11am
310617-D	R: \$15 / NR: \$20

Instructor: Susan Alverson

Location: Community Room

Kindermusik Cuddle & Bounce Birth-1 year

With age-appropriate activities for newborns, to crawlers, and walkers, this parent-child music and movement class will help you strengthen those early parent-child bonds, understand your baby's development, and heavily focus on child development and communication with your baby, including American Sign Language! Come strengthen your parent-child bond through songs, instrument-play, dance, and parachute-play!

Sat: 6/14-7/12*	11:45am-12:35pm
310615-A	R: \$75 / NR: \$85

*No class dates 7/5

Instructor: Tracey Kretzer

Location: Community Room



Kindermusik Family Time Birth-5 years

Come join us for "Home Sweet Home" - a fun, energetic class where every child is welcome and a family's "together time" is celebrated and cherished! Come sing songs, dance, and play with our instruments and parachute, and help your child develop musical skills, as well as the social skills, necessary to share, take turns, and strengthen the family bond! Children 6-months and younger and siblings over 6 are FREE and welcome with a registered sibling.

Sat: 6/14-7/12* **10:30-11:20am**

310614-A R: \$75 / NR: \$85

*No class dates 7/5

Instructor: Tracey Kretzer

Location: Community Room



Private Piano or Voice Lessons 4 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelor's of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Kindermusik Sing & Play 12 months-3 years

This is the perfect mix of early-childhood vocal play and language development, with parachute play, music, instrument-play, and sign language activities! Come focus on your child's beginning movement, helping to build the muscles your young toddler needs to walk, run, and climb; and on vocal development, helping to nurture your child's speaking and singing voice!

Sat: 6/14-7/12* **9:30-10:20am**

310613-A R: \$75 / NR: \$85

*No class dates 7/5

Instructor: Tracey Kretzer

Location: Community Room



Thu: 6/26-7/17	4-4:30pm	Thu: 7/24-8/14	4:30-5pm
330704-A	R: \$150 / NR: \$160	330704-C1	R: \$150 / NR: \$160
Thu: 6/26-7/17	4:30-5pm	Thu: 7/24-8/14	5-5:30pm
330704-A1	R: \$150 / NR: \$160	330704-C2	R: \$150 / NR: \$160
Thu: 6/26-7/17	5-5:30pm	Thu: 7/24-8/14	5:30-6pm
330704-A2	R: \$150 / NR: \$160	330704-C3	R: \$150 / NR: \$160
Thu: 6/26-7/17	5:30-6pm	Thu: 7/24-8/14	6-6:30pm
330704-A3	R: \$150 / NR: \$160	330704-C4	R: \$150 / NR: \$160
Thu: 6/26-7/17	6-6:30pm	Thu: 7/24-8/14	6:30-7pm
330704-A4	R: \$150 / NR: \$160	330704-C5	R: \$150 / NR: \$160
Thu: 6/26-7/17	6:30-7pm	Thu: 7/24-8/14	7-7:30pm
330704-A5	R: \$150 / NR: \$160	330704-C6	R: \$150 / NR: \$160
Thu: 6/26-7/17	7-7:30pm	Thu: 7/24-8/14	7:30-8pm
330704-A6	R: \$150 / NR: \$160	330704-C7	R: \$150 / NR: \$160
Thu: 6/26-7/17	7:30-8pm	Sat: 7/26-8/16	9-9:30am
330704-A7	R: \$150 / NR: \$160	330704-D	R: \$150 / NR: \$160
Sat: 6/28-7/19	9-9:30am	Sat: 7/26-8/16	9:30-10am
330704-B	R: \$150 / NR: \$160	330704-D1	R: \$150 / NR: \$160
Sat: 6/28-7/19	9:30-10am	Sat: 7/26-8/16	10-10:30am
330704-B1	R: \$150 / NR: \$160	330704-D2	R: \$150 / NR: \$160
Sat: 6/28-7/19	10-10:30am	Sat: 7/26-8/16	10:30-11am
330704-B2	R: \$150 / NR: \$160	330704-D3	R: \$150 / NR: \$160
Sat: 6/28-7/19	10:30-11am	Sat: 7/26-8/16	11-11:30am
330704-B3	R: \$150 / NR: \$160	330704-D4	R: \$150 / NR: \$160
Sat: 6/28-7/19	11-11:30am	Sat: 7/26-8/16	11:30am-12pm
330704-B4	R: \$150 / NR: \$160	330704-D5	R: \$150 / NR: \$160
Sat: 6/28-7/19	11:30am-12pm	Sat: 7/26-8/16	12:30-1pm
330704-B5	R: \$150 / NR: \$160	330704-D6	R: \$150 / NR: \$160
Sat: 6/28-7/19	12:30-1pm	Sat: 7/26-8/16	1-1:30pm
330704-B6	R: \$150 / NR: \$160	330704-D7	R: \$150 / NR: \$160
Sat: 6/28-7/19	1-1:30pm	Sat: 7/26-8/16	1:30-2pm
330704-B7	R: \$150 / NR: \$160	330704-D8	R: \$150 / NR: \$160
Sat: 6/28-7/19	1:30-2pm	Sat: 7/26-8/16	2-2:30pm
330704-B8	R: \$150 / NR: \$160	330704-D9	R: \$150 / NR: \$160
Sat: 6/28-7/19	2-2:30pm	Instructor: Dream In Color	
330704-B9	R: \$150 / NR: \$160	Location: Preschool Room	

Dance Classes

Preschool Dance B

3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Thu: 6/26-8/21* 5-5:45pm

310215-A R: \$80 / NR: \$90

*No class dates 7/3

Instructor: Dream In Color

Location: Dance-Left

Preschool Dance C

4-5 years

In Preschool C classes, students will be introduced to tap. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Thu: 6/26-8/21* 5:45-6:30pm

310217-A R: \$80 / NR: \$90

*No class dates 7/3

Instructor: Dream In Color

Location: Dance-Left

Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 6/25-8/13 5:30-6:30pm

320212-A R: \$80 / NR: \$90

Instructor: Dream In Color

Location: Dance-Right



Hip Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 6/25-8/13 6:30-7:30pm

320213-A R: \$80 / NR: \$90

Instructor: Dream In Color

Location: Dance-Right



B-Boy/B-Girl Hip Hop

5-15 years

Adrenaline Dance Force brings an amazing B-boy class to you! This B-boy focused class will start with a warm up, stretch, strength training, and skill session. Our B-boy Crew will bring the latest in street moves and tricks, and work to build a skill base for dancers to improve their abilities. Dancers will be separated into ability groups. Come learn what is so exciting about b-boying and learn the hottest moves and choreography!

Hip Hop 5-9 yrs

Tue: 6/24-8/5 4:30-5:30pm

320221-A R: \$70 / NR: \$80

Hip Hop 10-15 yrs

Tue: 6/24-8/5 5:30-6:30pm

320221-B R: \$70 / NR: \$80

Instructor: Adrenaline Staff

Location: Dance-Right

NEW! Leaps and Turns 1

10-14 years

This dance class is designed specifically for the serious dancer who wishes to perfect and refine their skills of turning, jumping, and leaping. Classes are taught with an emphasis on technique and correct body placement. (Instructor recommendation required)

Tue: 6/24-7/22 6-7pm

330203-A R: \$70 / NR: \$80

Tue: 7/29-8/19 6-7pm

330203-B R: \$56 / NR: \$66

Instructor: EBD-Jackson

Location: Dance-Left

NEW! Leaps and Turns 2

13-18 years

This dance class is designed specifically for the serious dancer who wishes to perfect and refine their skills of turning, jumping, and leaping. These classes are taught with an emphasis on technique and correct body placement. They are taught in a progressive manner beginning with the basics and advancing to high level skills and combinations of those skills. (Instructor recommendation required)

Tue: 6/24-7/22 8-9pm

340205-A R: \$70 / NR: \$80

Tue: 7/29-8/19 8-9pm

340205-B R: \$56 / NR: \$66

Instructor: EBD- Jackson

Location: Dance-Left

Social Dance- Basic Survival I 16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome.

Thu: 6/19-7/31* 8-9:30pm

350213-A R: \$86 / NR: \$96

*No class dates 7/3

Instructor: Tom Woll and Assoc

Location: Dance-Left

Dance and Electronic Classes

Sizzling Salsa 16 & up

Learn today's hottest dance - the Sizzling Salsa! It's hip, it's hot, and it's simple and easy. It's the latest dance that grooves to the hottest music. Get moving for healthful exercise to the fun Latin & Pop music that just makes you want to get up and dance. Have fun expressing yourself while burning off stress and calories as you burn up the floor dancing with your partner. Our instruction teaches basic simple Salsa moves, footwork, and some energetic fun turns to make you feel good dancing with your friends. Learn how to lead and follow with good technique to make you stand out on the floor. Course may include choreography from a variety of other Latin dances. Beginner level. Couples recommended, but singles welcome, and bring your friends!

Thu: 6/19-7/31* 7-8pm
350212-A R: \$57 / NR: \$67

*No class dates 7/3

Instructor: Tom Woll and Assoc

Location: Dance-Left



NEW!

Line Dance 18 & up

A type of country and western dancing in which dancers line up in a row without partners and follow a choreographed pattern of steps to music. There are examples of the group dance found with pop music. Routines such as the Electric Slide, Cha, Cha Slide, The Hustle, The Wobble, Water Melon Crawl, and Robin Thicks Blurred Lines dance are all popular examples of Line Dancing that will be covered in this class.

Tue: 6/10-7/8 6-7pm
350214-A R: \$100 / NR: \$110

Tue: 7/15-8/12 6-7pm
350214-B R: \$100 / NR: \$100

Instructor: Rosalind Young

Location: Art Room

Summer 2014

ELECTRONIC CLASSES

Lego Robotics Sports

6-9 years

This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

Tue: 7/29-8/19 5-6:30pm
320725-A R: \$124 / NR: \$134

Instructor: C3 Cyber Club

Location: Senior Center-Right

Intro to Minecraft Modding 7-9 years

Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience and create their own custom mods today! Younger students will learn how to create and texture their own blocks and items using the popular game Minecraft. They will also learn how to manipulate code, determine how each of their own items appear and behave and how to create unique texture packs that they can use and modify at home.

Sat: 6/28-7/26 9-10:30am
320722-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Right

Jr. Video Game Design 7-10 years

Now available for grades 1st-3rd, this special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3D Game Design using award winning Platinum Arts Sandbox.

Thu: 6/26-7/24 5-6:30pm
320717-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Left

3D Game Design 9-14 years

Immerse yourself in the exciting world of 3D game design! Create 3D games like action or adventure or invent a new one. Design your own characters, backgrounds and sounds. Campers discover 3D game-development concepts like game planning, path-based movement, collision detection, level design, dialogue, inventory and playability.

Tue: 6/24-7/22 5-6:30pm
320718-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Right

Minecraft Modding & Game Prgm 9-14 years

In this class, students will learn how to create and texture their own items and codes using the popular game Minecraft, while at the same time learning the basics of Java! Learn how to create and implement your own custom blocks, weapons, food, recipes, and more! Determine how each of your own items appear and behave. By the end of the class, students will have their own fully functional Minecraft mod package that they can use and modify at home!

Sat: 6/28-7/26 11am-12:30pm
320723-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Right

Lego Robotics Vehicles 9-14 years

Powered by the LEGO® MINDSTORMS® Education NXT Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Configure different sensors that track motion, light, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build the program their designs. This class is great for children who are hands on and like working together in teams.

Sat: 8/2-8/23 9-10:30am
320724-A R: \$124 / NR: \$134

Instructor: C3 Cyber Club

Location: Senior Center-Right

Developmental Classes

Signing Smart: Zoo

Birth-2 years

Come experience the power and fun of Signing Smart with your baby or toddler! Come sign and play with our toys, tunnel, parachute, and more during this exciting ASL play class. Come find out why signing increases IQ by 12 points (NIH study) and speeds spoken language development. Come experience the joy of parent education through child enrichment and families new to Signing Smart receive a FREE gift. Check out www.ParentChildU.com to see why families LOVE our classes!

Sat: 6/14-7/12* 12:45-1:25pm

310616-A R: \$65 / NR: \$75

*No class dates 7/5

Instructor: Tracey Kretzer

Location: Community Room

Amigos Play Birth-5 years

Amigos Play is a Spanish immersion language and music program for babies and toddlers. It is ideal for families that want to expose or reinforce Spanish (regardless of language level) with their little ones in a fun way! Non-Spanish speakers will learn alongside their child and Spanish speakers will find this to be a great way to support their language efforts with their children. Through music, movement, puppets, and age-appropriate activities, you and your child will be engaged in the language as we play with colors, shapes, and more. This 45-minute mixed age session requires participation by an adult. Siblings under 10 months may attend for free. Questions? Contact: amigosplay@clarocode.com.

Tue: 6/17-8/9 9-9:45am

311205-A R: \$100 / NR: \$110

Fri: 6/13-8/8* 9-9:45am

311205-A1 R: \$100 / NR: \$110

Wed: 6/18-8/13 9-9:45am

311205-C R: \$130 / NR: \$140

*No class dates 7/4

Instructor: Fillory Correa

Location: Community Room

Elbows off the Table, Please! 6-12 years

Children will learn the importance of good table manners at home and away along with important tools for social interactions. Will include: Table Setting, Use of Napkins and Linens, Proper Holding of Utensils, American and Continental Style of Dining, Correct Posture and Behavior at the Table, Appropriate Conversations, and Rules for Entering and Exiting.



Location: Teen Center

Thu: 6/26 3:30-5pm

320726-A R: \$35 / NR: \$45

Thu: 6/26 6-7:30pm

320726-B R: \$35 / NR: \$45

Thu: 7/10 3:30-5pm

320726-C R: \$35 / NR: \$45

Thu: 7/10 6-7:30pm

320726-D R: \$35 / NR: \$45

Location: Art Room

Thu: 7/17 3:30-5pm

320726-E R: \$35 / NR: \$45

Thu: 7/17 6-7:30pm

320726-F R: \$35 / NR: \$45

Location: Teen Center

Thu: 7/24 3:30-5pm

320726-G R: \$35 / NR: \$45

Thu: 7/24 6-7:30pm

320726-H R: \$35 / NR: \$45

Location: Senior Center- Left

Thu: 7/31 3:30-5pm

320726-I R: \$35 / NR: \$45

Thu: 7/31 6-7:30pm

320726-J R: \$35 / NR: \$45

Thu: 8/7 3:30-5pm

320726-K R: \$35 / NR: \$45

Thu: 8/7 6-7:30pm

320726-L R: \$35 / NR: \$45

Instructor: Vicki Fleming

Babysitter's Training

11 & up

Would you like to become an American Red Cross Certified babysitter? This training course will provide information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid and professionalism. Certificates will be mailed.

Sat: 6/28 9am-4pm

341001-A R: \$122 / NR: \$132

Instructor: Am. Red Cross

Location: Teen Center

NEW! Teen Sessions

12-14 years

Sometimes the ebb and flow of life as a girl can be quite challenging. This is why we designed this dynamic life coaching program for tween girls. It provides a safe space for dealing with the colorfulness of life. From peer pressure and low self-image to stress and depression, in this program we combine our love of yoga with our natural gift of coaching to address these issues in a direct, but super cuddly, Zen way. This workshop is an emotionally, physically and spiritually balanced package of yogi support to help girls on their inner journey all the while instilling within them the wonderful gift of empowerment.

Sun: 6/22-7/13 2:30-3:30pm

331001-A R: \$85 / NR: \$95

Sun: 7/20-8/10 2:30-3:30pm

331001-B R: \$85 / NR: \$95

Instructor: Kuumba Fitness, LLC

Location: Community Room

Chess 5-12 years

Learn how to play chess from our highly-rated professional chess instructors! Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Visit www.silverknightschess.com for more information.

Tue: 6/17-8/5

6-7pm

330707-A

R: \$96 / NR: \$106

Instructor: Silver Knights Chess

Location: Senior Center-Left

Parenting and Cooking Classes

Positive Discipline 18 & up

Parents and grandparents come learn the revolutionary discipline techniques of Dr. Becky Bailey, Ph.D. Come gain a deeper understanding of how children develop in order to foster self-esteem (both yours and theirs) by looking for solutions instead of blame. Find out how to give effective commands so children are more likely to choose to do what you say and guide children away from tattling and into problem solving. This class is facilitated by an experienced elementary school counselor, parent educator, and founder of www.ParentChildU.com. Educational certificates will be given.

Location: Art Room

Wed: 6/4 6:30-9pm
351003-A R: \$25 / NR: \$35

Location: Community Room
Wed: 7/9 6:30-9pm
351003-B R: \$25 / NR: \$35

Location: Teen Center
Tue: 8/5 6:30-9pm
351003-C R: \$25 / NR: \$35

Instructor: Tracey Kretzer

Early Childhood Parenting 18 & up

Bring your burning issue!! This workshop centers on YOUR child's issues (i.e. whining, power and food struggles, misbehaviors, self-esteem, discipline, emotional and social development, sibling rivalry, etc.). This workshop is informative, insightful, practical, and supportive. This is also a forum where parents will share their concerns and questions and also their own parenting knowledge with each other.

Maddy505@aol.com

Location: Art Room
Tue: 6/24 7-8:30pm
351004-A R: \$20 / NR: \$25

Tue: 7/22 7-8:30pm
351004-B R: \$20 / NR: \$25

Location: Community Room
Tue: 8/12 7-8:30pm
351004-C R: \$20 / NR: \$25

Instructor: Maddy O'Neill-Dean

COOKING CLASSES

NEW! Vegan Boot Camp 101 18 & up

Expand your culinary horizons and learn to cook simple, tasty and nutritious vegan dishes. Vegan cooking is not only a healthy lifestyle choice but chefs from across the country have embraced cooking without meat, fish or dairy.

Get an in-depth, hands-on experience, mastering the art of vegan cooking in this fun boot camp-style series. The series will include hands-on cooking classes, informative chats along with tried and tested techniques and tips. You will learn to use ingredients--both familiar and new--specific to vegan cooking and gain the confidence to adapt many traditional recipes to delicious vegan versions.

Whether you take the entire series or just one class, we will give you the knowledge, tools and tips to cook up some delicious, healthy and sustainable foods from dressings to soups, entrees to dessert and more! At the end of class there will be time to sit and chat while enjoying the meal we prepared.

Sun: 6/29-7/20 2:30-5pm
350301-A R: \$140 / NR: \$150

Sun: 8/3-8/24 2:30-5pm
350301-B R: \$140 / NR: \$150

Instructor: Eden Good

Location: Senior Center-Left

NEW! Meat the Vegans

18 & up

Meat the Vegans... This first class in the series will introduce you to the art of making delicious easy-to-make vegan meals. Each class will combine hands-on cooking, discussion chats, and ends with a delicious meal.

Sun: 6/29 2:30-5pm
350302-A R: \$45 / NR: \$55

Sun: 8/3 2:30-5pm
350302-B R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left



NEW! Sunday Brunch

18 & up

Sunday Brunch...One of the best ways to spend a Sunday is leisurely rolling out of bed and eating delicious brunch. Why stand in line at your favorite brunch spot waiting an hour or two for a table when you can prepare it yourself and at half the price! Learn to make several dishes to satisfy your brunch cravings.

Sun: 7/6 2:30-5pm
350304-A R: \$45 / NR: \$55

Sun: 8/10 2:30-5pm
350304-B R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

NEW! Burgers, Buns & BBQ

18 & up

Burgers, Buns & Barbecue...Get your mouth watering and fulfill your cravings with burgers that will please even the most loyal meat eaters

Sun: 7/13 2:30-5pm
350305-A R: \$45 / NR: \$55

Sun: 8/17 2:30-5pm
350305-B R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

NEW! Classic Comfort Foods 18 & up

Classic Comfort Foods...What comes to mind when you think of comfort foods? Well, this is a class of fun, easy and comforting recipes the way Grandma used to make, but with a twist.

Sun: 7/20 2:30-5pm
350306-A R: \$45 / NR: \$55

Sun: 8/24 2:30-5pm
350306-B R: \$45 / NR: \$55

Instructor: Eden Good

Location: Senior Center-Left

Yoga Classes

NEW! Mommy & Me Yoga

2-6 years

This class is a blend of Itsy Bitsy Yoga poses, activities and songs as well as gentle asana (postures) for parents. Parents fully participate in class but no yoga experience is required. Simply wear comfortable clothes and be prepared to move.

Sun: 6/22-7/13 3:30-4:30pm
310407-A R: \$75 / NR: \$85
Tue: 6/17-7/8 10-11am
310407-B R: \$75 / NR: \$85
Thu: 6/19-7/10 10-11am
310407-C R: \$75 / NR: \$85
Sun: 7/20-8/10 3:30-4:30pm
310407-D R: \$75 / NR: \$85

Instructor: Kuumba Fitness, LLC

Location: Community Room

NEW! Yoga for Tots 3-5 years

This class is a supportive, fun-loving, and active class. We incorporate age-appropriate yoga poses, songs, stories, and games as tots learn yoga through social interaction, repetition, and play. Parents fully participate in class but no yoga experience is required. Simply wear comfortable clothes and be prepared to move.

Tue: 6/17-7/8 11-11:30am
310408-A R: \$60 / NR: \$70
Thu: 6/19-7/10 11-11:30am
310408-B R: \$60 / NR: \$70

Instructor: Kuumba Fitness, LLC

Location: Community Room



NEW! Drama Yoga 1 for Kids 5-12 years

This workshop absolutely delivers the perfect blend of yoga and innovation. Kuumba Fitness has specially crafted this workshop by developing a unique system of using the ancient art form of yoga and drama to draw out your child's confidence, creativity, leadership and social skills. By way of a dynamic yogi play you will see your little yogi's inner light begin to shine. Acting out the characters using yoga postures and vinyasa flows, this production is sure to wow and inspire both children and parents alike. We'll top it off with a live, spirited performance of the play for you awesome audience of parents, family and friends at the last workshop!

Location: Dance-Left

Sun: 6/22-7/13 2:30-3:30pm
320411-A R: \$75 / NR: \$85

Location: Community Room

Thu: 6/26-7/17 5-6pm
320411-B R: \$75 / NR: \$85

Location: Dance-Left

Sun: 7/20-8/10 2:30-3:30pm
320411-C R: \$75 / NR: \$85

Location: Community Room

Thu: 7/24-8/14 5-6pm
320411-D R: \$75 / NR: \$85

Instructor: Kuumba Fitness, LLC

NEW! Dance Yoga 5-12 years

This workshop is an absolute recipe for FUN! It's a mind-watering, decadent fusion of dance, music, rhythmic flow, balance, fluid body movement and art. Not only will we learn how to put basic yoga postures to music such as Mindless Behavior and Michael Jackson, but we will also work on awareness of breath, creativity, working together and confidence-building. PLUS, we'll top this fabulous recipe off with a performance of our self-choreographed routine for you awesome audience of parents at the last workshop! (Previous experience in yoga not req'd.)

Tue: 6/24-7/15 5-6pm
320407-A R: \$75 / NR: \$85

Tue: 7/22-8/12 5-6pm
320407-B R: \$75 / NR: \$85

Instructor: Kuumba Fitness, LLC

Location: Dance-Left

Kids Stress Burner Yoga 8-12 years

Kids can get stressed out by school, world events and multi-media stimuli. Using stories, poses and games, we will learn ways to calm the mind, recharge the body and celebrate the spirit.

www.stressburneryoga.com

Tue: 5/20-6/24 4:30-5:15pm
320412-A R: \$60 / NR: \$70

Sun: 6/8 3-5pm
320412-B R: \$30 / NR: \$40

Instructor: Stress Burner Yoga

Location: Community Room

Stress Burner Workshop 13 & up

Do you love yoga, but can't get a home practice started and still feel under stress the minute you get off the mat? Through individual, paired and group activities and yoga poses, we will focus on how to create quick and simple, new habits that help you take the mindfulness, peace, flexibility and alignment of yoga off the mat into our daily lives 24/7. We will explore different themes related to stress reduction each month.

www.stressburneryoga.com

Sat: 6/28 1:30-3:30pm
340403-A R: \$40 / NR: \$50

Sat: 7/26 1:30-3:30pm
340403-B R: \$40 / NR: \$50

Instructor: Stress Burner Yoga

Location: Community Room

Stress Burner Yoga Mixed Level 13 & up

This class is suitable for both new and more experienced yoginis who want to deepen the practice of using yoga techniques to lower their stress "set-point" and manage challenge with joy, in this different kind of yoga class. Cultivating beginners' mind, we will focus on ways to bring the mindfulness, peace, flexibility and alignment gained from yoga practice more widely into our daily lives, leveraging one peaceful hour in the week to 24/7.

www.stressburneryoga.com

Wed: 5/21-6/25 7:45-8:45pm
340404-A R: \$120 / NR: \$130

Instructor: Stress Burner Yoga

Location: Dance-Left

Yoga and Fitness Classes

NEW! Men's Stress Burner Yoga 13 & up

This class is suitable for men wishing to gain the stress relieving benefits of yoga practice (e.g. staying flexible and strong for sports) and learn specific tools for relieving stress-related health issues, (e.g. headaches, high blood pressure, insomnia, digestive issues, aches and pains). You will learn ways to: 1) integrate what you learn to continue benefitting you beyond the workshop; 2) take away concrete tools to manage stress to stay healthy, active and strong.

Sat: 5/31 1:30-3:30pm
330402-A R: \$40 / NR: \$50

Instructor: Stress Burner Yoga
Location: Dance-Left

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Tue: 6/10-8/5 8-8:55pm
350406-A R: \$108 / NR: \$118

Instructor: BodyMoves Fitness, LLC
Location: Community Room

Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Tue: 6/10-8/5 7-7:55pm
350410-A R: \$108 / NR: \$118

Instructor: BodyMoves Fitness, LLC
Location: Community Room

Summer 2014

FITNESS CLASES

NEW! Zumba Kids

5-12 years

Zumba for Kids: This workshop is Party Fitness FUN at its best!!! It delivers easy-to-follow choreography with the perfect blend of upbeat kid-friendly music by Will-I-Am, Katy Perry, Victoria Justice, Maroon Five, Ariana Grande and more making for a total body workout that feels like a celebration. Activities such as freeze tag, helicopter, hula-hoop, ball games, Zumba Olympics and a choreographed finale performance for parents makes Zumba Kids THE #1 Fitness Party Around!

Sun: 6/22-7/13 2:30-3:30pm
320410-A R: \$60 / NR: \$70

Location: Art Room

Tue: 6/24-7/15 4-5pm
320410-B R: \$60 / NR: \$70

Location: Dance-Left

Sun: 7/20-8/10 2:30-3:30pm
320410-C R: \$60 / NR: \$70

Tue: 7/22-8/12 4-5pm
320410-D R: \$60 / NR: \$70

Location: Dance-Left

Thu: 7/24-8/14 4-5pm
320410-E R: \$60 / NR: \$70

Location: Art Room

Instructor: Kuumba Fitness, LLC

Step for Fun Fitness 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Location: Senior Center-Right

Mon/Wed: 6/9-8/20 6:30-7:30pm
350404-A R: \$269 / NR: \$279

Location: Dance Studio-Right

Sat: 6/14-8/23* 8:30-9:30am
350404-B R: \$125 / NR: \$135

*No class dates 7/5

Instructor: Eileen Cutrona

NEW! Kickboxing Power Plays 14 & up

Class will incorporate warm-ups, upper and lower body strength exercise, kick-boxing techniques and routines and cool down stretching.

Tue: 6/3-8/12 7:30-8:30pm
350417-A R: \$137 / NR: \$147

Instructor: Pam Doran

Location: Senior Center-Left

NEW! Total Body Fitness Fantasia 14 & up

Class will incorporate cardio, strength training and toning workouts for overall fitness.

Tue/Thu: 6/3-8/14 6:30-7:30pm
350431-A R: \$269 / NR: \$279

Location: Dance Studio-Right

Tue: 6/3-8/12 6:30-7:30pm
350431-B R: \$137 / NR: \$147

Location: Senior Center-Right

Thu: 6/5-8/14 6:30-7:30pm
350431-C R: \$137 / NR: \$147

Instructor: Pam Doran

NEW! Lunchtime Adult Zumba 18 & up

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You'll forget you're strengthening your legs, arms, abdominal core and Gluteus Maximus, all the while increasing cardio and metabolism because you're having so much fun!

Tue: 6/24-7/15 12-1pm
350443-A R: \$60 / NR: \$70

Thu: 6/26-7/17 12-1pm
350443-B R: \$60 / NR: \$70

Instructor: Kuumba Fitness, LLC

Location: 1/2 Gym Back Door

Class Cards!

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take Step for Fun Fitness, Zumba with Kim, Kickboxing Power Plays and Total Body Fitness Fantasia. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90 Senior Residents: \$40

Fitness and Sports Classes

Zumba® 14 & up

Zumba® is a unique and exciting high energy dance aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. The routines target areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba®!

Tue: 5/27-7/29* 7:30-8:30pm

330410-A R: \$113 / NR: \$123

Thu: 5/29-7/31* 7:30-8:30pm

330410-B R: \$127 / NR: \$137

*No class dates 6/24, 7/1, 7/3

Instructor: Kim Lampkin

Location: Dance-Right

NTL- Never Too Late Fitness 50 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified personal trainer/Corrective exercise specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Tue: 6/24-8/5 10-11am

360406-A R: \$98 / NR: \$108

Thu: 6/26-8/7 10-11am

360406-B R: \$98 / NR: \$108

Tue/Thu: 6/24-8/7 10-11am

360406-C R: \$196 / NR: \$206

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door



NEW! Stretching & Conditioning 10-18 years

This class concentrates on stretching and strengthening dancers who would like to increase their range of motion. We will focus on cardiovascular exercises to warm up the muscles, then work on specific stretches to increase flexibility for dance movements required in dance, and incorporate strength training movements to develop a stronger, less injury prone dancer. (Instructor recommendation required)

Tue: 6/24-7/22 7-8pm

330204-A R: \$70 / NR: \$80

Tue: 7/29-8/19 7-8pm

330204-B R: \$56 / NR: \$66

Instructor: EBD-Jackson

Location: Dance-Left



SPORTS CLASSES

Adrenaline Tumbling

4-9 years

Beginning/ young tumblers will learn tumbling basics, flexibility, and beginning level skills such as rolls, cartwheels, back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve basic gymnastics skills, balance, and increase strength by staying grounded and strong through upper and lower body movement. Comfortable loose clothing and bare feet are recommended.

Tumbling 4-6 yrs

Wed: 6/25-8/6* 4:30-5:30pm

320408-A R: \$70 / NR: \$80

Tumbling 7-9yrs

Wed: 6/25-8/6* 5:30-6:30pm

320408-B R: \$70 / NR: \$80

*No class dates 7/2

Instructor: Adrenaline Staff

Location: Community Room



Adrenaline Cheer

5-15 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics, strength, cheer dances, showmanship and performance techniques, and more! Whether you are new to cheer or interested in preparing for high school tryouts, we will help you become your best. The class will be split into appropriate age and ability groups and concludes with a showcase at the end of the session!

Cheer 5-9 yrs

Thu: 6/26-8/7* 4:30-5:30pm

320409-A R: \$70 / NR: \$80

Cheer 10-15yrs

Thu: 6/26-8/7* 5:30-6:30pm

320409-B R: \$70 / NR: \$80

*No class dates 7/3

Instructor: Adrenaline Staff

Location: Senior Center-Right



Youth Basketball Training

6-13 years

Boys and girls will receive instruction on individual skills such as shooting, dribbling and passing as well as some basic team play. This eight-week developmental program is designed for children who are just learning to play basketball or wanting for experience wanting to develop and enhance their skills. It will help with each participant's coordination and conditioning as well as introduce team-concept and organized-sport fundamentals.

Fri: 6/13-7/25* 6-7pm

320904-A R: \$75 / NR: \$85

Sat: 6/7-7/26* 11:30am-12:30pm

320904-B R: \$85 / NR: \$95

*No class dates 7/4, 7/5

Instructor: Keith Smith

Location: 1/2 Gym Back Door

Olympic Sport Fencing

9 & up

Known as the physical game of chess, fencing makes fitness fun! It builds muscle strength, provides greater cardiovascular workouts, and improves endurance, coordination and speed. Protective masks, jackets and safety tipped swords are used for class. An equipment rental fee of \$29 should be made payable to VAF on the first day.

Fencing Ages 9-13

Tue: 7/8-8/12* 7-8pm

320501-A R: \$93 / NR: \$103

Fencing Ages 14 & up

Tue: 7/8-8/12* 8-9pm

320501-B R: \$93 / NR: \$103

*No class dates 7/2

Instructor: VA Academy of Fencing

Location: Senior Center-Right



Martial Arts 7 & up

If you are curious about the martial arts, interested in an exercise program with a purpose, have some raining or just want to learn some self-defense, then come join us! We are offering age-based classes, which cover basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many types of martial arts. There is no need to worry about the physical requirements because they aren't too challenging. Beginning students do not engage in fighting and do not need uniforms. So, come try karate! More info is available at

www.StratfordKarate.org

Beginning Karate- Ages 7 & up

Instructor: Dave Hacker

Location: Dance-Right

Mon: 6/9-8/11 7-8pm

330501-A R: \$125 / NR: \$135

Advanced Karate- Ages 14 & up

Instructor: Dave Hacker

Location: Dance-Left

Sat: 6/7-8/9 8:30-9:30am

330501-B R: \$125 / NR: \$135

Beginning Karate- Ages 7 & up

Instructor: Bill Kennedy & Rick Hathaway

Location: Dance-Right

Mon: 6/9-8/11 8:15-9:15pm

330501-C R: \$125 / NR: \$135



YOUTH SPORTS

FALL SOCCER

Grades Kindergarten-8th Grade

Early Bird Registration: July 14th-27th

Kindergarten/1st Grade

Resident: \$85 / Non-Resident: \$95

2nd Grade & Above

Resident: \$95 / Non-Resident: \$105

Regular Registration: July 28th – August 10th

Kindergarten/1st Grade

Resident: \$100 / Non-Resident: \$110

2nd Grade & Above

Resident: \$110 / Non-Resident: \$120

Teams will be formed by grade and will participate in Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call (703) 248-5077.

1st Touch Soccer Clinic

Ages 2-5

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUNdamental skills and techniques needed. An eight-session course open to boys and girls ages 2-5. Each 45 minute session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinic runs from September 6th – October 29th. Registration for the clinic starts July 14th and will stay open until filled. Ages are as of September 1, 2014.

Instructor: Challenger Sports British Soccer

Class Dates: September 6th – October 29th

631104-A 2-3 yr olds

Saturdays 9-9:45am

631104-B 4-5 yr olds

Saturdays 10-10:45am

631104-C 2-3 yr olds

Wednesday 10-10:45pm

631104-D 4-5 yr olds

Wednesday 11-11:45pm

Fee: R: \$100 / NR: \$110

Youth and Adult Sports

Youth Flag Football

Grades 2-7

Early Bird Registration: July 14th –July 27th
Resident: \$90 / Non-Resident: \$100

Regular Registration: Jul 28th –Aug 10th
Resident: \$100 / Non-Resident: \$110

Falls Church Recreation & Parks Dept. will be hosting our annual youth flag football league this Fall. This program is a co-ed, non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid afternoon each week. Volunteer coaches are still needed. Please contact Chris Madison for more details at **703-248-5077**.

Location: George Mason Turf Field

Tryout Dates: September 6th Times - TBD

600001-A: Grades 2-3

600002-A: Grades 4-5

600003-A: Grades 6-7

Hershey Track 9-14yrs

The local qualifying meet for the Hershey Track and Field Meet will be held on Saturday May 24th at 4pm. For more details go online: **www.hersheytrackandfield.com**, or call **703-248-5150**. Volunteers are needed.

ADULT SPORTS

FALL ADULT BASKETBALL LEAGUE

Registration runs July 21st until August 17th . League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **(703) 248-5027** for registration form, fees, and league rules. Registration Fee: \$725 per team.



FALL ADULT CO-ED VOLLEYBALL LEAGUE

Registration runs July 21st until August 17th League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5027** for registration form, fees, and league rules. Registration Fee: \$350

FALL WOMENS VOLLEYBALL LEAGUE

Registration runs July 21st until August 17th League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5027** for registration form, fees, and league rules. Registration Fee: \$350

ADULT FALL CO-ED SOCCER

For more information, call **(703) 248-5027** and ask for Chris Madison.

37th ANNUAL OPEN TENNIS TOURNAMENT

Registration is open NOW! The tournament will be played May 6th-June 9th. Players schedule their own matches within a specified amount of time. Additional information including categories and fees is available by calling **703-248-5027**.

ADULT TENNIS



Adult Beginner Tennis 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Wed: 6/25-7/16 7:30-8:45pm

350901-A R: \$105 / NR: \$115

Wed: 7/30-8/20 7:30-8:45pm

350901-B R: \$105 / NR: \$115

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Adult Int. Tennis

18 & up

Players with limited on-court experience refine stroke production with an emphasis on rallying, tactics, and match play. Ratio 4:1

Wed: 6/25-7/16 8:45-10pm

350903-A R: \$105 / NR: \$115

Wed: 7/30-8/20 8:45-10pm

350903-B R: \$105 / NR: \$115

Instructor: FirstServe Tennis

Location: Cavalier Trail Park



Enchanted Castles Camp

3-5 years

Come to the world of magic wands, enchanted spells and royal balls as we dance our way through classic cherished stories. Each day includes a theme related craft as well as instruction in ballet. Join us on the last day of camp for a recital with family and friends. *There is no extended care for this camp.

Mon-Fri: 7/28-8/1 10am-12pm

380215-F R: \$225 / NR: \$235

Instructor: Tiny Dancers

Location: Dance-Right

Big Meow Camp

5-7 years

Express yourself and find your passion in the performing arts with Jane Franklin Dance. This full day camp is inspired by the book, "The Big Meow" the story of an ever-hopeful orange fluff ball who desperately wants to belong to the band of neighborhood cats, but is ostracized for a "loud as a lion's roar" meow. This book will come to life through movement, art and physical story-telling. You'll stretch your muscles, create and share a cat-like vocabulary of movement, explore visual arts, reading and performance preparation. By the end of the week, you'll be on stage and be a star.

Mon-Fri: 8/18-8/22 9am-3pm

380222-I R: \$300 / NR: \$310

Instructor: Jane Franklin Dance

Location: Community Center Art Room

AM SCORE 7-9am 389993-I \$42

PM SCORE 3-6pm 389994-I \$52

Youth Cheer Camp

7-13 years

Everyone wants to cheer on the sideline at a football game! We will cover every aspect of cheer including stunts, tumbling, dance, motions, chants, jumps and cheers! This is a great way of getting ready for cheer season.

Mon-Fri: 7/21-7/25 9am-12pm

380226-E R: \$155 / NR: \$165

Instructor: All Star Legacy

Location: Dance-Right

AM SCORE 7-9am 389993-E \$42

Mustang Softball

8-13 years

Are you a softball player looking to work on your skills? Directed by George Mason High School Coaches, campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations. Each participant receives a t-shirt.

Mon-Fri: 7/28-8/1 9am-3pm

381000-F R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Softball Field

AM SCORE 7-9am 389991-F \$47

PM SCORE 3-6pm 389992-F \$57

Mustang Baseball Camp

8-13 years

Are you a baseball player looking to work on your skills? Directed by the George Mason High School Varsity Coach, campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations. Each participant receives a t-shirt.

Mon-Fri: 6/23-6/27 9am-3pm

381001-A R: \$175 / NR: \$185

Mon-Fri: 7/14-7/18 9am-3pm

381001-D R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Baseball Field

AM SCORE 7-9am 389991-A,D \$47

PM SCORE 3-6pm 389992-A,D \$57

Loaded Up Volleyball

11-15 years

Campers will focus on the mechanics of passing and receiving while learning hand positioning for setting skills. They will also acquire the proper basic skills for Hitting and positioning. The campers will learn and apply volleyball skills in game situations while addressing rules and play strategy. This camp is for individuals who are expecting a medium to high level "focused" skills camp. (Knee pads required).

Mon-Fri: 7/14-7/18 9am-3pm

381404-D R: \$175 / NR: \$185

Location: MEHMS Gym

AM SCORE 7-9am 389991-D \$47

PM SCORE 3-6pm 389992-D \$57



Youth Football Camp

6-12 years

Football Camp is a non-contact, fundamental football camp designed to improve a child's beginning, intermediate, or advanced skill level. Fundamentals of all positions on offense, defense and special teams will be taught in addition to life skills such as teamwork, communication, sportsmanship and the importance of education.

Mon-Thu: 6/30-7/3 9am-3pm

381006-B R: \$137 / NR: \$147

Mon-Fri: 7/14-7/18 9am-3pm

381006-D R: \$170 / NR: \$180

Mon-Fri: 7/28-8/1 9am-3pm

381006-F R: \$170 / NR: \$180

Instructor: Sportz Campz 4 Kidz

Location: Artificial Turf Field

AM SCORE 7-9am 389991-B,D,F \$47

PM SCORE 3-6pm 389992-B,D,F \$57

Ultimate Frisbee Camp

11-18 years

Campers totally new to Frisbee will learn the fundamentals - catching, throwing backhand and forehand, etc. More experienced campers will focus on sharpening those skills, extending the range of their throws, plus defensive skills, field positioning, etc. Every camper will get a disc, a shirt and a hat but the most important thing we anticipate our campers will get is a fun week. In addition to ultimate we play Frisbee tennis, Frisbee golf, Frisbee Capture the Flag, Zombie, Double Disc Court, and games that kids themselves invent.

Mon-Fri: 7/7-7/11 9am-3pm

381007-C R: \$300 / NR: \$310

Instructor: Camp Ultimate

Location: Softball Field

AM SCORE 7-9am 389991-C \$47

PM SCORE 3-6pm 389992-C \$57

Summer Camps

Pure Performance Softball Camp 7-12 years

Our goal is to provide a safe and fun learning environment for your child while instructing hitting, throwing fielding and helping them to be the strongest softball player possible. An age appropriate and softball specific warm-up designed by a Certified Strength and Conditioning Specialist is taught to all players and performed each morning. One nutrition "nugget" of knowledge is shared with players every day over lunch. Players are divided according to age and skill level. Scrimmages are played at the end of each camp day. Players should bring a glove, visor/hat, cleats, sunscreen, water bottle, and lunch.

Mon-Thu: 6/30-7/3 9am-2pm

381008-B R: \$148 / NR: \$158

Instructor: Pure Performance

Location: GMHS Softball Field

AM SCORE 7-9am 389991-B \$47

Kuumba Fitness Camp 5-12 years

Through this fun yet powerful state-of-the-art blend of yoga, Zuumba and dance this program delivers all of the tools necessary to develop within your child a sense of inner peace through meditation as well as balance, movement and athleticism.

Mon-Fri: 8/18-8/22 9am-3pm

381009-I R: \$280 / NR: \$290

Instructor: Twenty Sixth Dimension

Location: Community Room

AM SCORE 7-9am 389993-I \$42

PM SCORE 3-6pm 389994-I \$52

Mustang Lacrosse 8-13 years

Are you a lacrosse player looking to work on your skills? Directed by George Mason High School Coaches, campers will learn basic fundamental skills. Each participant receives a t-shirt.

Mon-Fri: 8/18-8/22 9am-3pm

381214-I R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Artificial Turf Field

AM SCORE 7-9am 389991-I \$47

PM SCORE 3-6pm 389992-I \$57

Mustang Basketball Skills Camp 8-13 years

This camp is presented by the George Mason High School Varsity Basketball Coaches and is designed for campers who want to improve their basketball skills. Campers receive a t-shirt and a basketball.

Boys

Mon-Fri: 7/7-7/11 9am-3pm

381203-C R: \$175 / NR: \$185

Mon-Fri: 7/21-7/25 9am-3pm

381203-E R: \$175 / NR: \$185

Girls

Mon-Fri: 7/14-7/18 9am-3pm

381203-D R: \$175 / NR: \$185

Mon-Fri: 7/28-8/1 9am-3pm

381203-F R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: GMHS Main Gym

AM SCORE 7-9am 389991-C,E,D,F \$47

PM SCORE 3-6pm 389992-C,E,D,F \$57

Giant Basketball Academy 6-14 years

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball. Camp features 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop players.

Co-Ed

Mon-Fri: 6/23-6/27 9am-3pm

381207-A R: \$200 / NR: \$210

Boys ONLY

Mon-Thu: 6/30-7/3 9am-3pm

381207-B R: \$160 / NR: \$170

Location: MEHMS Gym

AM SCORE 7-9am 389991-A,B \$47

PM SCORE 3-6pm 389992-A,B \$57



Mustang Track & Field 8-13 years

Are you a track & field athlete looking to work on your skills? Directed by George Mason High School Coaches, campers will learn basic fundamental skills of track & field. Each participant receives a t-shirt.

Mon-Fri: 7/21-7/25 9am-3pm

381215-E R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Artificial Turf Field

AM SCORE 7-9am 389991-E \$47

PM SCORE 3-6pm 389992-E \$57

Mustang Field Hockey 10-15 years

Are you a field hockey player looking to work on your skills? Directed by George Mason High School Coaches, campers will learn basic fundamental skills. Each participant receives a t-shirt.

Mon-Fri: 7/14-7/18 9am-3pm

381216-D R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Upper Field

AM SCORE 7-9am 389991-D \$47

PM SCORE 3-6pm 389992-D \$57



First Kicks British Soccer 3-4 years

A friendly, low-key introduction to the basics of soccer through ball familiarization, games and FUN! British Soccer professionals patiently encourage players to take their first steps in soccer in a way your child will love! *Extended Care is not available.

Mon-Fri: 6/23-6/27 9-10am

381303-A R: \$100 / NR: \$110

Mon-Fri: 8/4-8/8 9-10am

381303-G R: \$100 / NR: \$110

Mon-Fri: 8/11-8/15 9-10am

381303-H R: \$100 / NR: \$110

Instructor: Challenger Sports

Location: Artificial Turf Field

Mini British Soccer Camp

4-6 years

A unique way for youth to learn the fundamentals of the game. Fun games, competitions and challenging skill building activities taught in small groups by British Soccer professionals will captivate and enlighten your child. Camp includes a soccer ball, t-shirt, player evaluation and free gift. *Extended Care is not available.

Mon-Fri: 6/23-6/27 10:15-11:45am

381304-A R: \$125 / NR: \$135

Mon-Fri: 8/4-8/8 10:15-11:45am

381304-G R: \$125 / NR: \$135

Mon-Fri: 8/11-8/15 10:15-11:45am

381304-H R: \$125 / NR: \$135

Instructor: Challenger Sports

Location: Artificial Turf Field

British Soccer Development 6-16 years

This program provides technical and tactical instruction, placing emphasis on skill development, fundamental tactical awareness, and FUN. The morning emphasis is placed upon individual skill development, fundamental tactics, goal scoring and coached scrimmages. Individuals in the full day program will then have a one hour lunch break, followed by coaches scrimmages, competitions and British Street soccer games. Bring cleats and water bottle daily. Camp includes a soccer ball, t-shirt, player evaluation, and gift.

Half Day

Mon-Fri: 6/23-6/27 9am-12pm

381305-A R: \$170 / NR: \$180

Mon-Fri: 8/4-8/8 9am-12pm

381305-G R: \$170 / NR: \$180

Mon-Fri: 8/11-8/15 9am-12pm

381305-H R: \$170 / NR: \$180

Full Day Camp

Mon-Fri: 6/23-6/27 9am-3pm

381305-A1 R: \$240 / NR: \$250

Mon-Fri: 8/4-8/8 9am-3pm

381305-G1 R: \$240 / NR: \$250

Mon-Fri: 8/11-8/15 9am-3pm

381305-H1 R: \$240 / NR: \$250

Instructor: Challenger Sports

Location: Turf Field

AM SCORE 7-9am 389991-A,G,H \$47

PM SCORE 3-6pm 389992-A,G,H \$57



Mustang Soccer Camp

8-13 years

This camp is presented by the George Mason High School Varsity Soccer Coaches. Campers will experience the drills and teachings that have won multiple state championships but in an age appropriate setting.

Mon-Fri: 7/7-7/11 9am-3pm

381310-C R: \$175 / NR: \$185

Mon-Fri: 7/21-7/25 9am-3pm

381310-E R: \$175 / NR: \$185

Instructor: Mustang Sports

Location: Artificial Turf Field

AM SCORE 7-9am 389991-C,E \$47

PM SCORE 3-6pm 389992-C,E \$57

UK Sports Week Camp

5-14 years

This is a chance for children to learn different sports from the UK. Sports include Soccer, Cricket, Rugby, Gaelic Football, plus others.

Half Day

Mon-Thu: 6/30-7/3 9am-12pm

381400-B R: \$130 / NR: \$140

Full Day

Mon-Thu: 6/30-7/3 9am-3pm

381400-B1 R: \$190 / NR: \$200

Location: MEHMS Gym

AM SCORE 7-9am 389991-B \$47

PM SCORE 3-6pm 389992-B \$57

Half Day

Mon-Fri: 8/18-8/22 9am-12pm

381400-I R: \$170 / NR: \$180

Full Day

Mon-Fri: 8/18-8/22 9am-3pm

381400-I2 R: \$230 / NR: \$240

Location: Community Center Gym

AM SCORE 7-9am 389993-I \$42

PM SCORE 3-6pm 389994-I \$52

All American Sports

Camp 6-12 years

Campers will participate in basketball, soccer, flag football, whiffleball, and volleyball as well as many other sports related activities. Each camper will be grouped according to age or ability to ensure maximum skill development.

Mon-Fri: 7/14-7/18 9am-3pm

381401-D R: \$170 / NR: \$180

Mon-Fri: 7/21-7/25 9am-3pm

381401-E R: \$170 / NR: \$180

Mon-Fri: 7/28-8/1 9am-3pm

381401-F R: \$170 / NR: \$180

Mon-Fri: 8/4-8/8 9am-3pm

381401-G R: \$170 / NR: \$180

Mon-Fri: 8/11-8/15 9am-3pm

381401-H R: \$170 / NR: \$180

Instructor: Sportz Campz 4 Kidz

Location: GMHS Aux. Gym

AM SCORE 7-9am 389991-D,E,F,G,H \$47

PM SCORE 3-6pm 389992-D,E,F,G,H \$57

Shooting Stars Tot Sports Camp 5-8 years

Creative games, competitions and challenging skill building activities will captivate and enlighten children as they work on improving their kicking, running, jumping, and throwing skills with a program of the world's best fun soccer games and "Wacky" sports. Campers will participate in a variety of sports such as soccer, basketball, whiffleball & floor hockey. *Extended care is offered for ages 6 & up only.

Mini Camp

Mon-Fri: 6/23-6/27 9am-1pm

381402-A R: \$110 / NR: \$120

Mon-Fri: 7/7-7/11 9am-1pm

381402-C R: \$110 / NR: \$120

Full Day Camp

Mon-Fri: 6/23-6/27 9am-3pm

381402-A1 R: \$170 / NR: \$180

Mon-Fri: 7/7-7/11 9am-3pm

381402-C1 R: \$170 / NR: \$180

Instructor: Sportz Campz 4 Kidz

Location: GMHS Aux. Gym

AM SCORE 7-9am 389991-A,C \$47

PM SCORE 3-6pm 389992-A,C \$57

Summer Camps

Martial Arts Olympic

6-14 years

This camp is designed to help students utilize their full range of imagination and problem solving skills. It also develops their self-respect and confidence through individual attention and encouragement, and teaches them to respect the abilities and rights of their peers through healthy and competitive curriculum. They will receive prizes, awards, badges, and more!

Mon-Fri: 6/23-6/27 9am-3pm

381407-A R: \$242 / NR: \$252

Mon-Fri: 7/21-7/25 9am-3pm

381407-E R: \$242 / NR: \$252

Instructor: WCRB Karate

Location: Dance Room

AM SCORE 7-9am 389993-A,E \$42

PM SCORE 3-6pm 389994-A,E \$52

Ninja Ranger 6-14 years

Camp participants are thrust back in time to ancient Japan. They are among the nation's elite soldiers, who are summoned by the King to fight off the repetitive attempts of a hostile takeover by the King's enemies. Themes for this camp include stealth maneuvers, basic kicks and blocks, weaponry, camouflage, and defensive release moves to use if captured.

Mon-Fri: 8/11-8/15 9am-3pm

381407-H R: \$242 / NR: \$252

Instructor: WCRB Karate

Location: Dance Room

AM SCORE 7-9am 389993-H \$42

PM SCORE 3-6pm 389994-H \$52

Ninja Trainee - Game 6-14 years

As a trainee, campers enter the room of the lost MOJO; there, their MOJO will be taken. In order to get it back and go to the next level, they must train and compete in: karate basics, martial art gymnastics, archery, and more! At the end of the camp, camp participants will be asked to run an obstacle course. Prizes will be given away.

Mon/Wed-Fri: 8/18-8/22 9am-3pm

381407-I R: \$242 / NR: \$252

Instructor: WCRB Karate

Location: Dance Room

AM SCORE 7-9am 389993-I \$42

PM SCORE 3-6pm 389994-I \$52



Golf Camp 8-16 years

Campers learn putting, chipping, irons, woods, sand play, rules, etiquette, and course management. All campers receive a diploma, water bottle, T-shirt, hat, logo ball, tees, green repair tool, ball marker, and snacks. Loaner clubs provided. You will travel by van to the Golf School at 3200 Jermantown Rd, Oakton, VA 22124. The bus will depart from and return to the Falls Church Community Center.

Mon-Fri: 8/4-8/8 9am-3pm

381601-G R: \$475 / NR: \$485

Instructor: Everybody Golf School

AM SCORE 7-9am 389993-G \$42

PM SCORE 3-6pm 389994-G \$52

Intro. Olympic Sport

Fencing 9-17 years



Known as the physical game of chess, fencing makes fitness fun! It builds muscle strength, provides greater cardiovascular workouts, and

improves endurance, coordination and speed. Protective masks, jackets and safety tipped swords are used for class. A registration form must be completed and signed by a parent/guardian and an equipment fee of \$49 payable to VAF is due on the first day. Sign up for both Olympic Sport and Historical Swordsmanship camps within the same week and save \$49 (one free equipment rental). There will be a supervised lunch in between camps (lunch is not provided). *There is no extended care for this camp.

Mon-Fri: 6/23-6/27 9am-12pm

381701-A R: \$190 / NR: \$200

Mon-Fri: 7/7-7/11 12:30-3:30pm

381701-C R: \$190 / NR: \$200

Mon-Fri: 7/14-7/18 9am-12pm

381701-D R: \$190 / NR: \$200

Mon-Fri: 7/21-7/25 12:30-3:30pm

381701-E R: \$190 / NR: \$200

Mon-Fri: 7/28-8/1 9am-12pm

381701-F R: \$190 / NR: \$200

Mon-Fri: 8/4-8/8 12:30-3:30pm

381701-G R: \$190 / NR: \$200

Mon-Fri: 8/11-8/15 9am-12pm

381701-H R: \$190 / NR: \$200

Mon-Fri: 8/18-8/22 12:30-3:30pm

381701-I R: \$190 / NR: \$200

Mon-Fri: 8/25-8/29 9am-12pm

381701-J R: \$190 / NR: \$200

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing



Intro Historical Swordsmanship 9-17 years



Based on Renaissance and Medieval techniques, the sword-fighting disciplines explored are the Rapier (the traditional dueling sword), and the Two-handed sword (the knightly European medieval sword). Practice swords used in class are the Shinai (made of bamboo) and the foil. Students use protective jackets, masks, and a pair of gloves. A registration form must be completed and signed by a parent/guardian and an equipment fee of \$49 payable to VAF is due on the first day. *There is no extended care for this camp.

Mon-Fri: 6/23-6/27 12:30-3:30pm

381703-A R: \$190 / NR: \$200

Mon-Fri: 7/7-7/11 9am-12pm

381703-C R: \$190 / NR: \$200

Mon-Fri: 7/14-7/18 12:30-3:30pm

381703-D R: \$190 / NR: \$200

Mon-Fri: 7/21-7/25 9am-12pm

381703-E R: \$190 / NR: \$200

Mon-Fri: 7/28-8/1 12:30-3:30pm

381703-F R: \$190 / NR: \$200

Mon-Fri: 8/4-8/8 9am-12pm

381703-G R: \$190 / NR: \$200

Mon-Fri: 8/11-8/15 12:30-3:30pm

381703-H R: \$190 / NR: \$200

Mon-Fri: 8/18-8/22 9am-12pm

381703-I R: \$190 / NR: \$200

Mon-Fri: 8/25-8/29 12:30-3:30pm

381703-J R: \$190 / NR: \$200

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing

Sign up for both Olympic Sport and Historical Swordsmanship camps within the same week and save \$49 (one free equipment rental). There will be a supervised lunch in between camps (lunch is not provided).

Virginia Fishing Adventures 8-14 years

This week with Virginia Fishing Adventures offers campers the opportunity to learn beginner and intermediate tactics for freshwater fishing. Our counselor-to-camper ratio is 1-to-5 to allow for one-on-one instructional time each day. Campers may also earn their fishing merit badge through this program. Campers will wear lifejackets when in the water or on a boat. Virginia Fishing Adventures provides all bait and tackle, rods and reels, lifejackets, and good times. Please visit www.virginiafishingadventures.com for a detailed description of our weekly activities. Contact Tee Clarkson with questions. tsclarkson@virginiafishingadventures.com or 804-272-6362.

Mon-Fri: 7/7-7/11 8:30am-4:30pm

381705-C R: \$550 / NR: \$560

Mon-Fri: 7/21-7/25 8:30am-4:30pm

381705-E R: \$550 / NR: \$560

Instructor: Virginia Fishing Adventures

AM SCORE 7-9am 389993-C,E \$42

PM SCORE 3-6pm 389994-C,E \$52



Big Fish Fishing Camp 10-15 years

Fish & Explore transports students off-site to fish a large variety of water to include



some or all of the following: public and private lakes, reservoirs, ponds, rivers, streams, creeks and the Chesapeake Bay over the course of the week. Having a 1 to 4 instructor to student ratio allows us to provide an extensive amount of individualized attention to each student as they learn about casting and rigging, to knot tying, to selecting tackle and lures and identifying fish. Students will wear lifejackets when in the water or on a boat. Fish & Explore provides all drinks, bait and tackle, rods and reels, and lifejackets. Scouts may earn their fishing merit badge through this program. Visit www.fishandexplore.com or contact John Lipetz with any questions at 703-609-8083 or jdlipez@fishandexplore.com.

Mon-Fri: 6/23-6/27 8:30am-4:30pm

381709-A R: \$550 / NR: \$560

Instructor: Fish and Explore, LLC

AM SCORE 7-9am 389993-A \$47

PM SCORE 3-6pm 389994-A \$57

Mountain Biking 8-13 years

Campers will develop beginner and intermediate mountain biking skills including: steering, shifting, hill climbing and descending, log hopping, dodging obstacles, etiquette, maintenance, safety and more. Campers ride in the morning, have a midday activity with time to cool down then get back on the bikes in the afternoon. Bikes and helmets are provided by Virginia Outside, however campers are welcome to bring their own. For more information, visit virginiaoutside.com. Contact Tee Clarkson at tsclarkson@virginiaoutside.com or 804-272-6362 for more information.

Mon-Fri: 7/28-8/1 8:30am-3:30pm

381707-F R: \$525 / NR: \$535

Mon-Fri: 8/11-8/15 8:30am-3:30pm

381707-H R: \$525 / NR: \$535

Instructor: Virginia Outside

AM SCORE 389993-F,H 7-9am \$42

PM SCORE 389994-F,H 3-6pm \$52

Summer Camps



Paddle & Explore 10-17 years

Fish & Explore transports campers off-site to paddle 2 person kayaks along local waterways, ponds, and lakes. Campers will learn kayaking skills while getting up close to native wildlife. Campers will paddle through animal habitats allowing them the opportunity to take amazing photographs. Beach stops allow campers to wade and observe, catch, photograph and release frogs, toads, tadpoles, salamanders, lizards, turtles, crayfish, minnows, and many more small critters that live the life aquatic. Students will wear lifejackets when in the water or on a boat. Bring lunch, snack, a change of clothes, sneakers or river shoes and towel. Everything else is provided. For itineraries and more, visit www.fishandexplore.com or contact John Lipetz with any questions at 703-609-8083 or jdlipetz@fishandexplore.com.

Mon-Fri: 7/14-7/18 8:30am-4:30pm
381710-D R: \$525 / NR: \$535

Instructor: Fish and Explore, LLC
AM SCORE 7-9am 389993-D \$42
PM SCORE 3-6pm 389994-D \$52

Blast Into The Past 8-12 years

Campers will step back in time and experience first-hand what a young girl's life was like in 19th century Virginia. Young ladies will dress in period clothing, make crafts, play old-fashioned games, become amateur archaeologists and learn about life during the Civil War. Cost includes all materials and admission fees.

Mon-Fri: 8/4-8/8 9am-3pm
381801-G R: \$285 / NR: \$295

Location: Cherry Hill Farmhouse

Nature Photography & Hiking 10-17 years

Fish & Explore transports students off-site to learn about digital photography while hiking local nature trails and parks. Camp will include lab and field components to teach the camera functions, lighting, composition and types of subjects. Students will also learn how to upload and save images and how to make edits to enhance images. All students should have an SD Card and a Flashdrive. Students are encouraged to bring their own digital camera. Fish and Explore will have Digital Cameras available for students to share if they do not yet have one. For itineraries and more, visit www.fishandexplore.com or contact John Lipetz with any questions at 703-609-8083 or jdlipetz@fishandexplore.com.

Mon-Fri: 8/4-8/8 8:30am-4:30pm
381800-G R: \$495 / NR: \$505

Instructor: Fish and Explore, LLC
AM SCORE 389993-G 7-9am \$42
PM SCORE 389994-G 3-6pm \$52

History Technology Excursion 8-14 years

Campers will explore several historic sites and museums as they trace technological developments over the past centuries and how those developments changed daily life then and now. Some of the topics discussed and observed include: medicine, textiles and fashion, tools and machinery, art, and transportation.

Mon-Fri: 7/28-8/1 9am-3pm
381808-F R: \$305 / NR: \$315

Location: Cherry Hill Farmhouse
AM SCORE 7-9am 389993-F \$42
PM SCORE 3-6pm 389994-F \$52

History Excursion Camp 8-14 years

Campers will have the opportunity to explore both well-known sites and those off the beaten path in this week long adventure.

Mon-Fri: 7/14-7/18 9am-3pm
381802-D R: \$305 / NR: \$315

Location: Cherry Hill Farmhouse
AM SCORE 7-9am 389993-D \$42
PM SCORE 3-6pm 389994-D \$52

Little Shots Tennis Camp 4-6 years

This camp introduces tots to tennis through fun games and activities designed to build eye and hand coordination and familiarity with the tennis ball and racket. Parents are encouraged to stay with their child at the court site. Extended care is not available for tennis camps.

Mon-Thu: 6/23-6/26 8:30-9:15am
381901-A R: \$82 / NR: \$92

Mon-Thu: 7/7-7/10 8:30-9:15am
381901-C R: \$82 / NR: \$92

Mon-Thu: 7/21-7/24 8:30-9:15am
381901-E R: \$82 / NR: \$92

Mon-Thu: 8/4-8/7 8:30-9:15am
381901-G R: \$82 / NR: \$92

Mon-Thu: 8/18-8/21 8:30-9:15am
381901-I R: \$82 / NR: \$92

Instructor: FirstServe Tennis
Location: GMHS Tennis Courts

Tennis I Fundamental Camp 7-9 years

through skill-building games, beginners learn fundamental strokes. Players will be grouped by age and/or ability. Extended care is not available for tennis camps.

Mon-Thu: 6/23-6/26 9:30am-12pm
381902-A R: \$205 / NR: \$215

Mon-Thu: 7/7-7/10 9:30am-12pm
381902-C R: \$205 / NR: \$215

Mon-Thu: 7/21-7/24 9:30am-12pm
381902-E R: \$205 / NR: \$215

Mon-Thu: 8/4-8/7 9:30am-12pm
381902-G R: \$205 / NR: \$215

Mon-Thu: 8/18-8/21 9:30am-12pm
381902-I R: \$205 / NR: \$215

Instructor: FirstServe Tennis
Location: GMHS Tennis Courts



Tennis II Intro to Competition 7-9 years

Intermediate players apply their tennis fundamentals to match play with emphasis on the serve, return of serve, and tennis rules. Extended care is not available for tennis camps.

Mon-Thu: 6/23-6/26	9:30am-12pm
381905-A	R: \$205 / NR: \$215
Mon-Thu: 7/7-7/10	9:30am-12pm
381905-C	R: \$205 / NR: \$215
Mon-Thu: 7/21-7/24	9:30am-12pm
381905-E	R: \$205 / NR: \$215
Mon-Thu: 8/4-8/7	9:30am-12pm
381905-G	R: \$205 / NR: \$215
Mon-Thu: 8/18-8/21	9:30am-12pm
381905-I	R: \$205 / NR: \$215

Instructor: FirstServe Tennis

Location: GMHS Tennis Courts

Tennis I Fundamentals

10-13 years

Through fun skill-building games beginners and intermediates learn the fundamental strokes with emphasis on the serve, return of serve, score keeping, and tennis rules.

Mon-Thu: 6/30-7/3	9:30am-12pm
381906-B	R: \$205 / NR: \$215
Mon-Thu: 7/14-7/17	9:30am-12pm
381906-D	R: \$205 / NR: \$215
Mon-Thu: 7/28-7/31	9:30am-12pm
381906-F	R: \$205 / NR: \$215
Mon-Thu: 8/11-8/14	9:30am-12pm
381906-H	R: \$205 / NR: \$215
Mon-Thu: 8/25-8/28	9:30am-12pm
381906-J	R: \$205 / NR: \$215

Instructor: FirstServe Tennis

Location: GMHS Tennis Courts

Tennis II Intro to Middle School Competition

10-13 years

Stroke production drills combine with match play tactics and strategies to prepare intermediate players for middle school competition.

Mon-Thu: 6/30-7/3	9:30am-12pm
381907-B	R: \$205 / NR: \$215
Mon-Thu: 7/14-7/17	9:30am-12pm
381907-D	R: \$154 / NR: \$164
Mon-Thu: 7/28-7/31	9:30am-12pm
381907-F	R: \$205 / NR: \$215
Mon-Thu: 8/11-8/14	9:30am-12pm
381907-H	R: \$205 / NR: \$215
Mon-Thu: 8/25-8/28	9:30am-12pm
381907-J	R: \$205 / NR: \$215

Instructor: FirstServe Tennis

Location: GMHS Tennis Courts



Artsy WOW Art Camp

3-12 years

This camp explores cool and interesting crafts from around the world, develops new craft skills and gets your creative juices flowing. Each day is jam packed with FUN activities like making a colorful bowl, creating a whimsical dream catcher and constructing cool musical instruments. *Extended care is offered for ages 6 & up only.

Ages 3-6	
Mon-Fri: 7/7-7/11	9am-12pm
382007-C	R: \$195 / NR: \$205

Ages 6-12	
Mon-Fri: 7/7-7/11	9am-3pm
382007-C1	R: \$295 / NR: \$305

Instructor: Abrakadoodle

Location: Classroom at GMHS

AM SCORE 7-9am 389991-C \$47

PM SCORE 3-6pm 389992-C \$57

Super Doodle Art Camp

3-12 years

Create super-sized drawings and masks! Imagine superheroes and your own superpowers! Make a paint super-mess to produce spectacular sculptures and paintings! *Extended care is offered for ages 6 & up only.

Ages 3-6

Mon-Fri: 8/18-8/22	9am-12pm
382007-I	R: \$195 / NR: \$205

Ages 6-12

Mon-Fri: 8/18-8/22	9am-3pm
382007-I1	R: \$295 / NR: \$305

Instructor: Abrakadoodle

Location: Classroom at GMHS

AM SCORE 7-9am 389991-I \$47

PM SCORE 3-6pm 389992-I \$57

Dramatic Doodlers

3-12 years

This program brings together the stellar visual arts program Abrakadoodle and the innovative theater arts program C.A.R.E. Actor under one roof! Through a combination of Theatre games, lessons, and daily projects that teach Fine Art techniques, children will experience how the two art forms go hand-in-hand. All of this work will culminate into an art show and a final short production written and designed by the students and performed on the last day of camp. *Extended care is offered for ages 6 & up only.

Ages 3-6

Mon-Fri: 7/21-7/25	9am-12pm
382007-E	R: \$195 / NR: \$205

Ages 6-12

Mon-Fri: 7/21-7/25	9am-3pm
382007-E1	R: \$295 / NR: \$305

Instructor: Abrakadoodle

Location: Classroom at GMHS

AM SCORE 7-9am 389991-E \$47

PM SCORE 3-6pm 389992-E \$57



Summer Camps

Raiders of the Lost ART-Facts 3-12 years

We will explore the coastlines and islands around the world to learn about amazing works of art and other surprises. We will visit Greece and Italy, create an Aboriginal style print, make an ancient native totem pole, and even make your own clay treasure chest to stow away your treasures. *Extended care is offered for ages 6 & up only.

Ages 3-6

Mon-Fri: 8/4-8/8 9am-12pm
382007-G R: \$195 / NR: \$205

Ages 6-12

Mon-Fri: 8/4-8/8 9am-3pm
382007-G1 R: \$295 / NR: \$305

Instructor: Abrakadoodle

Location: Classroom at GMHS
AM SCORE 7-9am 389991-G \$47
PM SCORE 3-6pm 389992-G \$57

Cooking Camp: Tropical Madness 9-13 years

We are going to be sipping on wonderful fruit daiquiris made from fresh pineapple, coconuts, papayas and other scrumptious island fruits. The students will be making tropical salsas with mangoes and pineapples; it will feel like island paradise!

Mon-Fri: 8/11-8/15 9am-3pm
382012-H R: \$300 / NR: \$310

Instructor: Tiny Chefs

Location: Art Room
AM SCORE 7-9am 389993-H \$42
PM SCORE 3-6pm 389994-H \$52

Adrenaline Cheer Camp 7-13 years

We will work on motions and jump technique, tumbling basics, strength, cheer dances, showmanship and performance techniques, and more! The Camp will be split into appropriate age and ability group. Comfortable work out attire and sneakers is required. *Extended care is not available.

Mon-Thu: 8/4-8/7 9:30am-12:30pm
382019-G R: \$175 / NR: \$185

Instructor: Adrenaline Staff

Location: Dance-Right

Adrenaline Dance Force 7-13 years

Our camps include a daily warm up and stretch, skill and technique sessions, line dances, and routines in the latest styles of jazz, pom, and hip hop dances to be performed at the end of the week. Comfortable dance shoes and clothing required. *Extended care is not available.

Mon-Thu: 7/7-7/10 9:30am-12:30pm
382020-C R: \$175 / NR: \$185

Instructor: Adrenaline Staff

Location: MEHMS Classroom

Adrenaline B-Boy Camp 7-13 years

This B-boy focused camp will start with a daily warm up, stretch, strength training, and skill session. Our crew will bring the latest in street moves and tricks, and work to build a skill base for dancers to improve their abilities. This camp is open to boys and girls. Dancers will be separated into age and ability groups. *Extended care is not available.

Mon-Thu: 7/14-7/17 9:30am-12:30pm
382021-D R: \$175 / NR: \$185

Instructor: Adrenaline Staff

Location: MEHMS Classroom

Manners Talk 7-12 years

Manners Talk is designed to raise a child's awareness and expand their understanding of proper manners, good social skills, and the importance of respect towards others and their environment. The camp will help to increase self-confidence and poise, develop respect and care for others, strengthen their resilience and communication skills. *There is no extended care for this camp.

Mon-Fri: 8/18-8/22 10am-1pm
382026-I R: \$250 / NR: \$260

Instructor: Manners Talk

Location: Preschool Room

Diamonds In A Rough 9-13 years

The goal of this camp is to help tween girls learn to build self-esteem, confidence and the necessary tools to communicate effectively and openly with their parents and their peers to create healthy and supportive relationships. We seek to improve family relationships and more productive communities. *This camp is for females only.

Mon-Fri: 8/11-8/15 9am-3pm
382027-H R: \$240 / NR: \$250

Instructor: Dream In Color

Location: Preschool Room
AM SCORE 7-9am 389993-H \$42
PM SCORE 3-6pm 389994-H \$52

Physical Comedy 8-18 years

Through physical exploration, improvisation, mask-making and traditional comedic styles, participants will learn to perform "on their feet," and construct their work into original physical comedy scenes.

Mon-Fri: 7/21-7/25 9am-3pm
382101-E R: \$275 / NR: \$285

Instructor: Educational Theatre Company

Location: Classroom – MEH
AM SCORE 7-9am 389991-E \$47
PM SCORE 3-6pm 389992-E \$57

Improvisation Extravaganza 8-18 years

We will learn basic improv skills and then create crazy characters and situations with our crazy, fun imaginations. Students will learn to create structured improv through role playing using physical and vocal expression.

Mon-Fri: 7/28-8/1 9am-3pm
382101-F R: \$275 / NR: \$285

Instructor: Educational Theatre Company

Location: Classroom – MEH
AM SCORE 7-9am 389991-F \$47
PM SCORE 3-6pm 389992-F \$57



Silver Knights Chess

5-13 years

Campers are broken up into groups by skill level, so we accept anyone from total beginners up through experienced and highly-rated tournament players. Each camper receives a t-shirt and a tournament-style chess set. Campers will take periodic breaks for snacks/lunch/recess. Activities include learning basic rules and strategy, openings, tactics, endgames, studying master games, playing games, and analyzing games against fellow students. *Extended care is offered for ages 6 & up only.

Mon-Fri: 6/23-6/27 9am-3pm

382103-A R: \$329 / NR: \$339

Mon-Fri: 6/23-6/27 9am-12pm

382103-A1 R: \$199 / NR: \$209

Mon-Fri: 6/23-6/27 12-3pm

382103-A2 R: \$199 / NR: \$209

Mon-Fri: 7/28-8/1 9am-3pm

382103-F R: \$329 / NR: \$339

Mon-Fri: 7/28-8/1 9am-12pm

382103-F1 R: \$199 / NR: \$209

Mon-Fri: 7/28-8/1 12-3pm

382103-F2 R: \$199 / NR: \$209

Mon-Fri: 8/18-8/22 9am-3pm

382103-I R: \$329 / NR: \$339

Mon-Fri: 8/18-8/22 9am-12pm

382103-I1 R: \$199 / NR: \$209

Mon-Fri: 8/18-8/22 12-3pm

382103-I2 R: \$199 / NR: \$209

Instructor: Silver Knights Chess

Location: Classroom - MEHMS

AM SCORE 7-9am 389991-A,F,I \$47

PM SCORE 3-6pm 389992-A,F,I \$57



Act it Out! 3.5-6 years

Take an adventure in this theater & arts program that uses storybooks to emphasize positive values. Each day these young actors will play basic acting games, act out stories and create art projects related to the theme of the day. Campers will present their favorite story on the last day! *There is no extended care for this camp.

Mon-Fri: 7/28-8/1 9am-12pm

382104-F R: \$165 / NR: \$175

Instructor: C.A.R.E. Actor

Location: Classroom at GMHS

Young Players Theatre

7-14 years

Do you love telling stories? Do you love making funny voices? Do you love making-up characters? COME PLAY with Young Players Theatre! We ignite the imagination while encouraging social, physical, and cognitive development. We will use written texts to create characters through a mixture of theatre games, music, theme related crafts, and some production development (sets, lights, sounds, costumes!) The youngest of the Young Players explore exciting folktales and stories, as well as traditional songs and rhythms from around the world in this class of eclectic pursuits. In the afternoon hours, our older actors work towards building an ensemble through theater games and exercises, with a focus on building trust and confidence within the group. Actors will explore a classic children's story and create their own adaptation.

Mon-Fri: 8/11-8/15 9-11:30am

382107-H R: \$158 / NR: \$168

Instructor: Young Players Theatre

Location: MEH Classroom

Sketch Comedy 8-18 years

ETC campers use improvisational skills to develop original "sketch comedy" in the tradition of "Saturday Night Live" and "Second City". Techniques such as control of the audience's focus and creative use of voice are developed.

Mon-Fri: 8/4-8/8 9am-3pm

382101-G R: \$275 / NR: \$285

Instructor: Educational Theatre Company

Location: Classroom - MEH

AM SCORE 7-9am 389991-G \$47

PM SCORE 3-6pm 389992-G \$57

Theatrical Teens! 11-15 years

This theater & arts camp invites teens to engage in improvisational theater techniques, playwriting, set & costume design, while discussing current topics. A short play will be presented on the last day of camp.

Mon-Fri: 7/7-7/11 9am-3pm

382106-C R: \$285 / NR: \$295

Location: Classroom at GMHS

AM SCORE 7-9am 389991-C \$47

PM SCORE 3-6pm 389992-C \$57

Clay Hill Horseback

Riding 9-14 years

Children will have lessons in safety and horse management, i.e. grooming, leading, saddling, bridling, washing, clipping, mucking, tack care, mounting, and dismounting, correct position at the walk and trot, and other horseback riding skills as appropriate. Children are provided with certified ASTM approved helmets, safety stirrups if they come without hard-soled shoes or boots. Children are provided with a Clay Hill participation t-shirt., equestrian movies, arts and crafts projects, competitive games, an afternoon snack and prizes for competitive horse games. This camp features a horse show and barbecue on Friday and is held at 9911 Old Adwick-Ardmore Rd. Springdale, MD 20774. Transportation is provided from the Falls Church Community Center.

For more information, visit

www.clayhillstables.com.

Mon-Fri: 8/4-8/8 8am-4:30pm

383002-G R: \$490 / NR: \$500

Instructor: Clay Hill Stables

Location: Clay Hill Stables, Springdale, MD

AM SCORE 389993-G 7-9am \$42

PM SCORE 389994-G 3-6pm \$52



Summer Camps

Camp Olympia- Horseback Riding 8-15 years

The campers will ride twice a day (4 times per week = 8 rides per week) and swim daily. Children ages 10 and up would have a variety of unmounted horse activities including leading horses, unsaddling, grooming, bathing horses, cleaning tack, plus general barn responsibilities. Campers ages 10 and above who wish to may participate in other camp activities for their age group in lieu of unmounted activities. Campers ages 8 and 9 years old will have unmounted activities on Thursday only but have the opportunity to participate in other camp activities such as swimming, tennis, soccer, basketball, and other games. Transportation is provided from the Falls Church Community Center. This camp is held at 5511 Muncaster Mill Rd. Rockville, MD 20855.

Mon-Fri: 7/14-7/18 8am-5pm

383003-D R: \$570 / NR: \$580

Mon-Fri: 8/18-8/22 8am-5pm

383003-I R: \$570 / NR: \$580

Instructor: Camp Olympia

Location: Camp Olympia, Rockville, MD

AM SCORE 7-9am 389993-D,I \$42

PM SCORE 3-6pm 389994-D,I \$52

Camp Olympia- Sports 8-15 years

There are five activity hours during the day and schedules varies from day to day. Each camper will swim twice a day (one instructional swim and one free swim) and horseback ride four times per week. This leaves two activity hours each day for team sports or instructional sports. The activities offered include soccer, basketball, volleyball, kickball, ball skills, gymnastics, tennis, track and field and games. This camp is held at 5511 Muncaster Mill Rd. Rockville, MD 20855.

Mon-Fri: 7/14-7/18 8am-5pm

383004-D R: \$450 / NR: \$460

Mon-Fri: 8/18-8/22 8am-5pm

383004-I R: \$450 / NR: \$460

Instructor: Camp Olympia

Location: Camp Olympia, Rockville, MD

AM SCORE 7-9am 389993-D,I \$47

PM SCORE 3-6pm 389994-D,I \$57

Adventure & Water Sports 6-14 years

Campers participate in canoeing, kayaking, swimming, rock climbing, archery, air rifle, gymnastics and more at Valley Mill Camp in Germantown, MD. The facility has two pools, a 2 acre lake, a climbing wall, archery range, and more and is surrounded by nature. Campers are divided by age and gender.

Mon-Fri: 6/23-6/27 8am-5pm

383005-A R: \$500 / NR: \$510

Mon-Fri: 7/28-8/1 8am-5pm

383005-F R: \$500 / NR: \$510

Instructor: Valley Mill

Location: Valley Mill, Germantown, MD

AM SCORE 7-9am 389993-A,F \$42

PM SCORE 3-6pm 389994-A,F \$52



Adventure Sports & Horseback 6-14 years

Campers participate in horseback riding or a horse activity once per day and participate in activities such as canoeing, kayaking, swimming, archery, air rifle, gymnastics, and more throughout the rest of the day. Valley Mill Camp in Germantown, MD has two pools, a 2 acre lake, a climbing wall, archery range, stables and more and is surrounded by nature. The horseback riding option is available for females only. Males may participate at Valley Mill Camp in the Adventure and Water Sports Camp.

Mon-Fri: 6/23-6/27 8am-5pm

383006-A R: \$575 / NR: \$585

Mon-Fri: 7/28-8/1 8am-5pm

383006-F R: \$575 / NR: \$585

Instructor: Valley Mill

Location: Valley Mill, Germantown, MD

AM SCORE 389993-A,F 7-9am \$42

PM SCORE 389994-A,F 3-6pm \$52



Inner Quest 10-16 years

Explore the great outdoors in this exciting adventure camp. The Inner Quest camp is a five-day mobile camp for the new and experienced adventurer. Each day will bring a new activity: Rock Climbing, Rappelling, Canoeing, and Challenge Course (high elements—Zip Wire, Giant Swing and low elements). Individualized instruction, teamwork, skill development, and Fun are the focus of the camp! Please note: The refund policy for this camp differs from our other camps. In addition to the processing fees for cancellation, there will be an additional fee of \$75 for all campers asking for a refund at least two weeks prior to the start of the camp. As with our other camps, no refunds will be given with less than two weeks' notice.

Mon-Fri: 8/25-8/29 8am-4pm

383102-J R: \$458 / NR: \$468

Instructor: Inner Quest

AM SCORE 7-9am 389993-J \$42

PM SCORE 3-6pm 389994-J \$52

Excursion Camp 11-15 years

Campers will travel to different destinations each day! Trips will include activities such as tubing, sailing and more! The week ends with a trip to Kings Dominion on Friday. An information packet is available at the time of registration or you can visit the Classes & Camps page at www.fallschurchva.gov/recreation. All trips are subject to change. Alternate trips will take place in the event of inclement weather. Camp will return at 9pm on Friday.

Mon-Fri: 7/21-7/25 9am-5pm

383201-E R: \$415 / NR: \$425

AM SCORE 7-9am 389993-E \$42

PM SCORE 3-6pm 389994-E \$52

Water Works Excursion

11-15 years

Campers will go tubing, and visit local water parks such as Splashdown Water Park and Hurricane Harbor at Six Flags! Campers will need to bring a swimsuit, towel, and a change of clothes each day. An information packet is available at the time of registration. All trips are subject to change. Some facilities open later so some trips will start later.

www.fallschurchva.gov/recreation

Mon-Thu: 6/30-7/3 9am-5pm

383204-B R: \$275 / NR: \$285

AM SCORE 7-9am 389993-B \$42

PM SCORE 3-6pm 389994-B \$52

Field Trip Fun! 8-11 years

Campers will visit local water parks and participate in activities such as visiting museums, tubing and more! All trips are subject to change. For a detailed itinerary by week, visit our Classes & Camps page at www.fallschurchva.gov/recreation.

Mon-Thurs: 6/30-7/3 9am-4pm

383205-B R: \$236 / NR: \$246

AM SCORE 7-9am 389993-B \$42

PM SCORE 4-6pm 389994-B \$52

Amusement Park Thrills

11-16 years

In this exciting week, campers will visit Six Flags, Central Park Funland, Kings Dominion, Splashdown and Hershey Park. Campers should wear comfortable clothing each day as well as bring a bathing suit and towel. Campers will return at 9pm Monday, Wednesday and Friday and at 5pm Tuesday & Thursday. Visit www.fallschurchva.gov/recreation for a detailed schedule. Campers should bring spending money for souvenirs.

Mon-Fri: 6/23-6/27 9am-9pm

383206-A R: \$450 / NR: \$460

Mon-Fri: 8/11-8/15 9am-9pm

383206-H R: \$450 / NR: \$460

AM SCORE 7-9am 389993-A,H \$42



Dream in Color Dance Camp 3-14 years

This dance camp provides students training in Jazz, Hip Hop, Tap and Ballet. Students in the full day program should bring a bag lunch including a drink and an additional water bottle for use throughout the day. All sessions end with a camp performance. Dance shoes are required for ages 8 & up. *Extended care is offered for ages 6 & up only.

Ages: 3-4

Mon-Thu: 6/30-7/3 9am-12pm

383309-B R: \$240 / NR: \$250

Ages: 8-12

Mon-Fri: 7/14-7/18 9am-3pm

383309-D R: \$240 / NR: \$250

Ages: 10-14

Mon-Fri: 7/28-8/1 9am-3pm

383309-F R: \$240 / NR: \$250

Instructor: Dream In Color

Location: Dance Studio

AM SCORE 7-9am 389993-B,D,F \$42

PM SCORE 3-6pm 389994-B,D,F \$52

Line Tracking Robot

7-12 years

Participants will get to work with motors, wires, gears, controllers, wheels, plastic pieces and axles. Join us in our Sumo wrestling, tug-of-war and obstacle course building.

Mon-Fri: 6/23-6/27 9am-12pm

384002-A R: \$180 / NR: \$190

Instructor: Scienstational Workshops

Location: Community Center Art Room

AM SCORE 7-9am 389993-A \$42

Model Airplanes

7-12 years

Build your own model airplane, designing and building model bridges, and learn simple engineering skills. Build 6 projects including a patrol car siren, burglar alarm and morse code transmitter.

Mon-Fri: 6/23-6/27 12:45-3:45pm

384002-A1 R: \$180 / NR: \$190

Instructor: Scienstational Workshops

Location: Community Center Art Room

PM SCORE 3-6pm 389994-A \$52

Prospectors Mystery

6-11 years

In this workshop you will excavate for valuable gems, fascinating rocks, and some ancient fossils.. You will record the color, both wet and dry texture, and its ability to float for each of the 10 specimens you dig.

Mon-Fri: 7/7-7/11 9am-12pm

384002-C R: \$180 / NR: \$190

Instructor: Scienstational Workshops

Location: Community Center Art Room

AM SCORE 7-9am 389993-C \$42

3D Game Design

12-14 years

Create 3D games like action, adventure or invent a new one. Design your own characters, backgrounds and sounds. Campers discover 3D game-development concepts like game planning, path-based movement, collision detection, level design, dialogue, inventory and playability.

Mon-Fri: 8/11-8/15 9am-3pm

384008-H R: \$375 / NR: \$385

Instructor: Digital Kidz

Location: MEHMS Classroom

AM SCORE 7-9am 389991-H \$47

PM SCORE 3-6pm 389992-H \$57



Summer Camps

Computer Tech for Teens 11-16 years

Produce a Podcast, shoot & edit video, create your own flash website, make your own 3D landscape, design your own iPhone case, sneakers or logo & make music beats. You never know what career this might lead to. Movie producer, writer, graphic web-designer, or owner of their own company.

Mon-Fri: 8/4-8/8 1pm-5pm

384011-G R: \$225 / NR: \$235

Instructor: LAD Communications

Location: Preschool Room

PM SCORE 3-6pm 389994-G \$52

Exploring Science & Engineering 8-12 years

Students will walk away from the Exploring Science and Engineering course with a basic understanding of science, technology, engineering and math concepts including the Scientific method, Newton's Law of Motion, Simple Machines, and the Principles of Mechanics. They will learn through fun-filled hands-on activities and projects.

Mon-Fri: 7/14-7/18 9am-3pm

384013-D R: \$320 / NR: \$330

Mon-Fri: 7/28-8/1 9am-3pm

384013-F R: \$320 / NR: \$330

Instructor: 2InspireU

Location: Classroom at GMHS

AM SCORE 7-9am 389991-D,F \$42

PM SCORE 3-6pm 389992-D,F \$52



Swimming- Mommy and Me 6 months-18 months

Mommy and Me will focus on getting your child comfortable in the water. Caretakers will assist children with arm and leg movement. Caretakers will learn different types of holds and support techniques. Nursery rhymes and floating toys will be part of the class. Caretakers must accompany children into the water. This class will follow the American Red Cross Parent and Child Aquatics Level 1 guide.

Mon-Fri: 7/7-7/18 9:15-9:45am

385106-C R: \$100 / NR: \$110

Location: Park Towers Pool

Preschool Swim Level 1 4-5 years

In this class, children will learn to blow bubbles, enter and exit the water safely, how to back float, front glide, change direction, as well as water safety in and around the water. Children will work on submerging mouth, nose and eyes. They will learn the fundamental basics of swimming on front and back (movement of arms and legs). Upon completion, children will complete a skill assessment. This class will follow the American Red Cross Preschool Aquatics Level 1 guide.

Mon-Fri: 6/23-7/3 10:35-11:05am

385100-A R: \$90 / NR: \$100

Mon-Fri: 7/7-7/18 10:35-11:05am

385100-C R: \$100 / NR: \$110

Mon-Fri: 7/21-8/1 10:35-11:05am

385100-E R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 10:35-11:05am

385100-G R: \$100 / NR: \$110

Location: Park Towers Pool

Preschool Swim Level 2 4-5 years

Children will learn to enter and exit the water safely, blow bubbles back float, front glide, change direction, the basics of swimming on front and back, as well as water safety in and around the water. Children complete a skills assessment upon completion. American Red Cross Preschool Aquatics 2.

Mon-Fri: 6/23-7/3 11:15-11:45am

385115-A R: \$90 / NR: \$100

Mon-Fri: 7/7-7/18 11:15-11:45am

385115-C R: \$100 / NR: \$110

Mon-Fri: 7/21-8/1 11:15-11:45am

385115-E R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 11:15-11:45am

385115-G R: \$100 / NR: \$110

Location: Park Towers Pool

Swimming- Toddler and Me 18 months-3 years

Young swimmers will learn how to enter and exit the water with assistance from their caretaker. They will work on blowing bubbles, moving arms and legs independently. Course participants will learn safety in and around water. Nursery rhymes, songs and floating toys will be part of the class. Caretakers must accompany children into the water. This class will follow the American Red Cross Parent and Child Aquatics Level 2 guide.

Mon-Fri: 6/23-7/3* 9:15-9:45am

385107-A R: \$90 / NR: \$100

Mon-Fri: 7/21-8/1 9:15-9:45am

385107-E R: \$100 / NR: \$110

*No class dates 7/4

Location: Park Towers Pool



Swimming Classes

Swimming- Beginner

6-11 years

In this class, children will learn to blow bubbles, enter and exit the water safely, how to back float, front float, front glide, tread, change direction, as well as water safety in and around the water. Children will work on submerging their entire body. They will learn the fundamental basics of swimming on front and back (movement of arms and legs). Upon completion, children will complete a skill assessment. This class will follow the American Red Cross Learn to Swim Levels 1 & 2 guide.

Mon-Fri: 6/23-7/4* 9:55-10:25am

385108-A R: \$90 / NR: \$100

Mon-Fri: 6/23-7/4* 11:55am-12:25pm

385108-A1 R: \$90 / NR: \$100

Mon-Fri: 7/7-7/18 9:55-10:25am

385108-C R: \$100 / NR: \$110

Mon-Fri: 7/7-7/18 11:55am-12:25pm

385108-C1 R: \$100 / NR: \$110

Mon-Fri: 7/21-8/1 9:55-10:25am

385108-E R: \$100 / NR: \$110

Mon-Fri: 7/21-8/1 11:55am-12:25pm

385108-E1 R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 9:55-10:25am

385108-G R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 11:55am-12:25pm

385108-G1 R: \$100 / NR: \$110

*No class dates 7/4

Location: Park Towers Pool

Swimming- Intermediate

6-11 years

This class will focus on stroke development. Strokes learned will include freestyle and elementary backstroke. They will learn scissor, frog, flutter and dolphin kick. They will improve on their ability to tread. They will be introduced to deep water. Upon completion, children will complete a skill assessment. This class will follow the American Red Cross Learn to Swim Level 3 guide. As a prerequisite to this class, swimmers must be able to step into the pool in chest deep water, float on front for five seconds, roll to back and float for five seconds, push off and swim using combined arm and leg actions on front for five body lengths, roll onto back, float for 15 seconds, roll onto front and continue to swim five body lengths.

Mon-Fri: 6/23-7/4* 11:55am-12:25pm

385110-A1 R: \$90 / NR: \$100

Mon-Fri: 7/7-7/18 11:55am-12:25pm

385110-C1 R: \$100 / NR: \$110

Mon-Fri: 7/21-8/1 11:55am-12:25pm

385110-E1 R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 9:55-10:25am

385110-G R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 11:55am-12:25pm

385110-G1 R: \$100 / NR: \$110

*No class dates 7/4

Location: Park Towers Pool



Swimming- Advanced

6-11 years

Students will improve on freestyle and elementary backstroke and will be introduced to backstroke, breaststroke, butterfly and sidestroke. They will learn survival swimming in deep water as well as feet first, pike and tuck surface dives. They will learn a backstroke open and flip turn, and freestyle open and flip turn. This class will also teach junior lifeguarding skills and sculling. Upon completion, children will complete a skill assessment. This class will follow the American Red Cross Learn to Swim Levels 4 & 5 guide. As a prerequisite to this class, swimmers must be able to jump into deep water from the side of the pool, swim freestyle for 15 yards, maintain position by treading or floating for 15 seconds, and swim elementary backstroke back for 15 yards.

Mon-Fri: 6/23-7/4* 9:15-9:45am

385113-A R: \$90 / NR: \$100

Mon-Fri: 7/7-7/18 9:15-9:45am

385113-C R: \$100 / NR: \$110

Mon-Fri: 8/4-8/15 9:15-9:45am

385113-G R: \$100 / NR: \$110

*No class dates 7/4

Location: Park Towers Pool

WE WANT YOU!

Water Safety Instructor

A Water Safety Instructor is needed to teach children swimming, supervise camp swim sessions, and to operate an open-swim program. Applicant must be 18 years of age and have Pool Operator, Red Cross WSI and American Red Cross Lifeguard Certifications. Salary is up to \$16/hr depending on qualifications. This position's work hours range between 25-30 hours per week, June 23 – August 15, 2014.

To Apply:

Send a completed City application or resume with a copy of your Pool Operator, Red Cross WSI, First Aid and CPR certifications to City of Falls Church, Human Resources Division, 300 Park Avenue, Falls Church, VA 22046 or email to hr@fallschurchva.gov.

Reasonable Accommodation

During the selection process, applicants with disabilities may request reasonable accommodation with the mutual agreement of the hiring authority and the Human Resources Division. Requests for reasonable accommodation should be directed to the Human Resources Division. The City of Falls Church does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, or disability.

Adapted Aquatics

4-12 years

Children with disabilities or attentional issues will have fun and work on water skills with a trained instructor one on one. Students will be evaluated at the first session and will work on some or all of the following skills, appropriate to their level: water adjustment, water safety, breath control, swimming front and back, pulling and kicking, stroke development and refinement, endurance.

Wed: 7/2-8/6 1-1:30pm

385116-B R: \$60 / NR: \$70

Location: Park Towers Pool

City of Falls Church Recreation & Parks - 2014 Emergency Information Form

This form is to be returned to the Falls Church Community Center.
It is very important that you provide the activity numbers for the camps in which your child is registered.

Camp Activity Numbers:			
Camper Name:			
_____		_____	
First		Middle	
Last			
Language Spoken at Home:		Resides with:	
		<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Both <input type="checkbox"/> Legal Guardian	
Primary Guardian:		Primary phone:	
Address:		Secondary Phone:	
Secondary Guardian:		Primary phone:	
Address:		Secondary Phone:	
Please list three, local emergency contacts if the parent/guardian cannot be reached:			
Name:		Relation:	
Phone:			
Name:		Relation:	
Phone:			
Name:		Relation:	
Phone:			
Please list three persons authorized to pick up your child.			
Name:		Relation:	
Phone:			
Name:		Relation:	
Phone:			
Name:		Relation:	
Phone:			
Name of Health Insurance Company:		Child's Physician:	
Policy/Group/Employee Number:		HMO Number (if applicable):	
Physician's Telephone:			
Medical Information: Please check any current health condition that may require attention during the camp day.			
<input type="checkbox"/> Yes <input type="checkbox"/> No Does your child have any allergies? If so, please specify below in special procedures/additional notes.			
<input type="checkbox"/> Yes <input type="checkbox"/> No Will your child need medication during camp? If so, please request medication authorization form.			
<input type="checkbox"/> Yes <input type="checkbox"/> No Does your child require any special accommodations? If so, please specify in the additional notes section below.			
Please list all medications and dosages your child receives on a continual basis:			
Additional notes:			
SUMMER FUN PARTICIPANTS ONLY			
I hereby <input type="radio"/> DO / <input type="radio"/> DO NOT (please check one) give permission for my child to participate in the Falls Church Recreation and Parks Summer Fun Playground program's swim trips to the Park Tower's pool located on Maple Avenue in Falls Church.			
Please circle child's swim ability level: Non-swimmer Some Experience Experienced			
I hereby <input type="radio"/> DO / <input type="radio"/> DO NOT (please check one) permit my child to bike or walk to and from the Falls Church Recreation and Parks Summer Fun Playground program at Cherry Hill Park.			
The camp has my permission, in an emergency when I cannot be contacted, to take my child to the emergency room of the nearest hospital. The hospital's medical staff has my authorization to provide treatment which a physician deems necessary for the well-being of my child.			
PARENT/GUARDIAN SIGNATURE: _____ DATE: _____			

COME JOIN A FALLS CHURCH CLUB!!! All clubs looking for more members

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation

Tuesdays at 10am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets on the first Tuesday of the month, with the exception of January, July, and August. Meetings are held in the Community Center at 7:30 pm, and feature a gardening related speaker, as well as a meet and greet and some of the best cookies in town! Additional activities include club trips, visits to private/public gardens, plant exchanges and a SPRING Plant Sale. Proceeds from the sale are earmarked for the benefit of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information, check our website www.fallschurchgardenclub.org.



Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. Besides bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card apply. Please call the Senior Center at **703-248-5020** for more information.

Lunch Bunch Club

Come join us for a lunch outing on the second Monday every month as we visit the different local restaurants Responsible for own meal. Transportation on your own.

June – Texas Roadhouse
Monday, June 9th at Noon

July – Applebees
Monday, July 14th at Noon

August – IHOP
Monday, August 11th at Noon



Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES:



Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Ballroom Dancing

Join us to dance every 2nd Thursday from 1-2:45pm

Blood Pressure

Held every other Tuesday from 9-10am.



Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Bingo

Meets every Wednesday from 10am-1:30pm.

Instructor Needed for Line Dancing

Looking for an experienced instructor to teach beginners line dancing.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Thursday at 10am.

Card Games

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta, Kings In the Corner, Rummy, etc with us every Friday at 10am

Checkers

Every Monday, Wednesday, and Friday at 11:00am

Chess

Every Monday, Wednesday, and Friday at 1pm

Craft class

Come join us every 1st and 3rd Monday for a fun craft. Small fees apply for materials.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German Conversation at 10am

Wednesdays: Italian conversation at 1:30pm

Thursdays: French conversation at 10am

Game Day

Come every Friday at 9am for FUN and games.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.



Knitting and Crocheting

Come learn how to knit and crochet. All levels encouraged. All materials are provided at no charge. Come join us every Thursday at 10am.

Calling All Seniors

Looking for pinochle, poker, mexican train dominos, cribbage, scrabble and mah jongg players.

Please call the senior center at 703-248-5020 for more information.

Lunch Bunch Club

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Don't forget to bring your appetite!

Dominios

Come join us Fridays at 9am for a friendly game of dominos

Mixed Games

Every Day from 1:30-3pm

Trivia

Come join us Fridays at 11am to test your knowledge on mixed subjects

Nutritionist

A nutritionist will provide healthy eating tips every third Wednesday of the month at 12 noon.

Rummikub Challenge

Come every Wednesday at 1:30pm and play a friendly game of Rummikub with friends and staff.

Scrabble

Come every Tuesday at 1:30pm and play a friendly game of Scrabble with friends.

Walking Group

Join us every Thursday from 10am-Noon to walk the local parks. In case of inclement weather, local malls would be substituted.

SPECIAL SENIOR PROGRAMS

June: Summer Potluck Party
Thursday, June 26th at 10:30am

July: Bingo Bash & Pizza Party
Wednesday, July 23rd at 10am

August: Dog Days of Summer Party
Thursday, August 21st at 10:30am



AARP Fifty Five Alive Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Two sessions will be offered:

Instructor: David Young

Location: Falls Church Community Center

Class Dates: Monday and Wednesday, September 3 and 5

Time: Class meets on both days from 10am-3pm

Fees: \$15 AARP Members
\$20 Non-AARP Members

Please bring membership card with you to verify AARP membership in order to receive discount.



SENIOR OLYMPICS COMING SOON

Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Both Indoor and Outdoor events offered.

Mark Your Calendars: 2014 Senior Olympics

The 2014 competition will be Sept. 13 to 24 with more than 50 events at 17 different venues throughout Northern Virginia, including Prince William County.

Saturday, September 13
Opening Ceremony/ Track & Field

NVSO offers both indoor and outdoor events, including swimming, diving, tennis, table tennis, racquetball, pickleball, men's basketball, volleyball, cycling, badminton, bowling, Wii bowling, team line dancing, golf, miniature golf, bocce, eight ball pool, horseshoes, and track and field. Board games and cards games also are offered, such as cribbage, duplicate bridge, bunco and scrabble.

Please visit our website at www.nvso.us for more information or call the Senior Center at 703-248-5020.

Volunteers Needed

Come share your talent with us. We are looking for volunteer instructors to lead a craft class, current events group, book club, etc. Any other activities welcomed.

Please call the Senior Center at 703-248-5020 for more information.



Falls Church Senior Center

Senior Center Armchair Travel Programs

10:30 a.m. to 11:30 a.m.

Fourth Friday of each month

Presented by staff from Mary Riley Styles Public Library in conjunction with Falls Church Senior Center at the Center.



June 27, 2014: Cruising the Rhine and the Danube (Running time: 48 minutes)

Join Burt Wolf as he begins his travels on one of the world's greatest rivers—the Rhine. It starts in the Swiss Alps and flows for 865 miles through six European countries. We'll stop along the way the world's oldest distillery for cocktails, savor 3,000 years of chocolate history, sip a signature coffee drink and gaze and admire bizarre statues and comical clocks. Then we begin our journey on the Danube in Budapest with stops along the way at Gothic St. Martin's Cathedral in Bratislava, a classical music concert in Vienna, and head to the magnificent Melk Abbey, Linz, home of the oldest pastry recipe in the world. Yum! Come join us and enjoy the trip.



July 26, 2014: Arabia (Running time: 46 minutes)

We go deep into the heart of this exotic land to experience the great mystique of Arabia. You will discover the lost city of Madain Saleh and explore its ancient tombs, travel along the early frankincense trade route, confront a wild desert sandstorm and dive among the gorgeous coral reefs and ancient shipwrecks of the dazzling Red Sea.



August 22, 2014: Petra (Running time: 35 minutes)

Petra is one of the new seven wonders of the world and often described as "a rose-red city half as old as time." This City of Stone must be approached on donkey, horse, or camel to tour it, but we'll tour it from the comfort of our armchairs. Come join us as we visit this historic and beautiful site.

Senior Trips Using Fastran Transportation

Time: 10:15am-1pm Fee: \$1

JUNE:

Monday, July 6	Dollar Tree
Monday, July 13	Kmart
Monday, July 20	Walmart
Monday, July 27	Target

JULY:

Monday, July 6	Wegmans
Monday, July 13	Trader Joes
Monday, July 20	Walmart
Monday, July 27	Target

AUGUST:

Monday, August 3	Kohls
Monday, August 10	Safeway
Monday, August 17	Kmart
Monday, August 24	Dollar Store

SPECIAL SENIOR TRIPS

JUNE:

Maryland Live Casino
Hagerstown Premium Outlets
National Gallery of Art

JULY:

Leesburg Premium Outlets
Toby's Dinner Theater
Cruise along the Potomac

AUGUST:

Baltimore Inner Harbor
National Portrait Gallery
Hollywood Casino at Charles Town

Come join the fun times at the senior center!



ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court, a volleyball court, and shuffleboard court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds is can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit cherryhillfallschurch.org.

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK

Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK

Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK

Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK

Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK

Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK

City kiosk
Historic Trail marker
Park bench

LINCOLN PARK

Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK

Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK

Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK

Park benches
Picnic tables and grills
Play equipment

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS
GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)



City of Falls Church Recreation and Parks

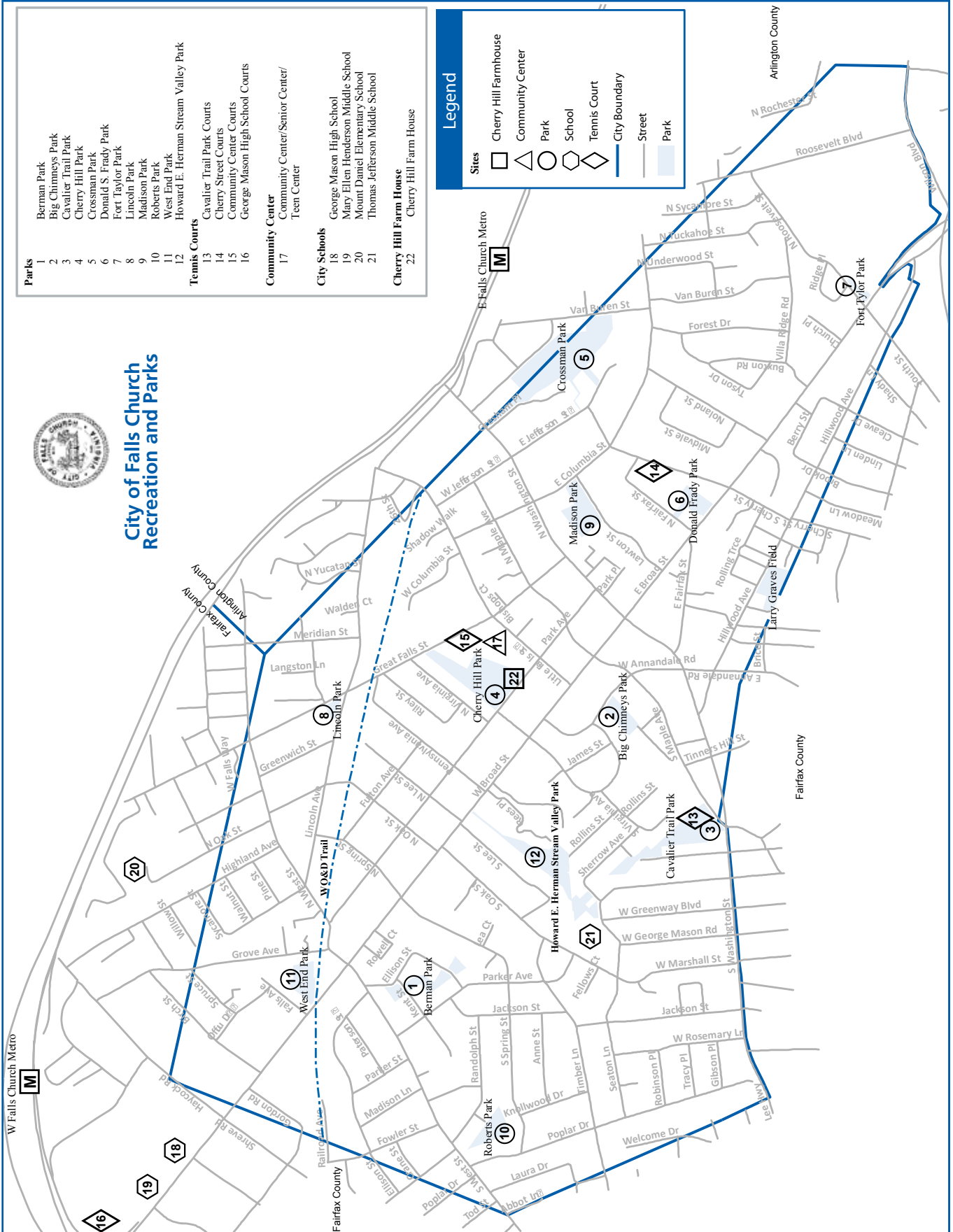
- | | | | |
|--|------------------------------------|---|-------------------------|
| Parks | 1 Berman Park | 13 Cavalier Trail Park Courts | Community Center |
| 2 Big Chimneys Park | 14 Cherry Street Courts | 17 Community Center/Senior Center/
Teen Center | |
| 3 Cavalier Trail Park | 15 Community Center Courts | | |
| 4 Cherry Hill Park | 16 George Mason High School Courts | | |
| 5 Crossman Park | | | |
| 6 Donald S. Frady Park | | | |
| 7 Fort Taylor Park | | | |
| 8 Lincoln Park | | | |
| 9 Madison Park | | | |
| 10 Roberts Park | | | |
| 11 West End Park | | | |
| 12 Howard E. Herman Stream Valley Park | | | |
| Tennis Courts | | | |
| 13 Cavalier Trail Park Courts | | | |
| 14 Cherry Street Courts | | | |
| 15 Community Center Courts | | | |
| 16 George Mason High School Courts | | | |
| City Schools | | | |
| 18 George Mason High School | | | |
| 19 Mary Ellen Henderson Middle School | | | |
| 20 Mount Daniel Elementary School | | | |
| 21 Thomas Jefferson Middle School | | | |
| Cherry Hill Farm House | | | |
| 22 Cherry Hill Farm House | | | |

Sites

- Cherry Hill Farmhouse
- Community Center
- Park
- School
- Tennis Court

Legend

- City Boundary
- Street
- Park



RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center or at the DMV Select Office located in City Hall: 703-248-5019 (TTY 711).

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212. The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the City of Falls Church DMV Select Office or the City Registrar (both located in City Hall). Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

facebook.com/CityofFallsChurch

Twitter:

twitter.com/FallsChurchInfo

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at fallschurchva.gov

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

There are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054.

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054.

eFocus E-Newsletter

Get current City news with eFocus, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:

703-248-5160

recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2.

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2.

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



City-issued trash cart with properly-tagged excess trash bag.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3.

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5.

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5.

Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4, before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1.

Mary Riley Styles Public Library



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library containing roughly 140,000 items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and b/w laser printing. Patrons can additionally connect to nearly 20 research databases (for searching newspapers and magazine articles, investment info, genealogical records, and historic photos) from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room.

GETTING A LIBRARY CARD

The Library serves residents, employees, and property owners of the City of Falls Church and residents of the Washington metropolitan area. By cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are eligible for a borrowing card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is also available for an annual fee for patrons who do not meet these residency requirements. Apply for a Library card via the website or in person.

PROGRAM AND SERVICES

Summer Reading Program: "Fizz, Boom, Read!" (June 23- August 31)

-- Toddlers to adults can sign-up to record the books they read this summer and complete a reading log to win a prize! Programs for toddlers, school-age children, teens, and families throughout the summer. Contact the Youth Services Department for more information, 703-248-5034.

Summer Reading Program Kick-Off for All Ages (Wed., June 25, 1:00-5:00 p.m.) Sign-up for the summer reading program and enjoy fun treats too!

Teen Volunteer Orientation, Ages 12-18 (Thu., June 5, 7 p.m.) Teens can volunteer at the library during the summer; call 703-248-5034 for more information.

Preschool Storytime (June 30 through August 15 at 10:30 a.m.; Mon. & Thu. for Ages 2-5; Tue for Ages 18 – 36 months) – Songs, fingerplays, and stories!

Summer Reading Performances: Barefoot Puppets, Mad Science, Magic & MORE! (July 2 through August 13, Wed. at 7 p.m.) – Fun for the whole family!

Paws to Read, Ages 5-12 (July 1 through to August 12, Tue. at 2 p.m.) – Read to a canine companion.

Thursday Evening Book Discussion for Adults (First Thursday of every month at 7:30 p.m.) – For more information including upcoming book selections, mrsplbookgroup.blogspot.com

Armchair Travel for Seniors (Every Fourth Friday at 10:30 a.m., Community Center) – Watch a movie and travel the world! Computers and WiFi Access: Free WiFi is available for laptops and portable devices. Desktop computers with Internet access and Microsoft Office 2007 are also available in the Reference, Youth Services, and Circulation departments.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call for current schedule.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: May 5

Non-Residents: May 12

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5027, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before
the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before
the activity start date 90% Credit only

Less than five calendar days before
the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

More than fourteen days before
the camp start date 80% Refund/ 90% Credit

Less than fourteen calendar days before
the camp start date No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held May 26, July 4

How to Register



On-line: Go to www.fallschurchva.gov/recreation and click on the Falls Church Recreation and Parks Department logo. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration May 6 and May 13. To register, call **703 248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:

Monday, May 5, 2014

Non-City Residents:

Monday, May 12, 2014

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703 248-5027** for more information.



Registration Form



For More Information: Call 703 248-5027; Fax 703 536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____

CVC: _____



223 Little Falls St.
Falls Church, VA 22046

PRESORTED
STANDARD MAIL
US POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 34



This summer we are offering a wide variety of Summer Camp opportunities! Have your child swing a bat in our baseball camp, shoot a free throw in one of our basketball camps or score a touchdown in our football camp. There are also opportunities in our camps for your child to be a star in a theatre camp, create a master piece in an art camp, catch a big one in a fishing camp or make burritos in a cooking camp. Additional specialty camps include dance, horseback riding, tennis, science, history, karate, golf, soccer and much more!

Recreation & Parks Department 2014 Registration Dates to Remember

Summer Camp Registration

February 3 City Residents; February 10 Non-city

Summer Class Registration

May 5 City Residents; May 12 Non-city

Fall Class Registration

August 18 City Residents; August 25 Non-city

Fall Youth Soccer Registration

Early Bird: July 14- July 27; Regular: July 28- Aug. 10

Fall Youth Flag Football Registration

Early Bird: July 14-July 27; Regular: July 28-Aug 10

Winter Youth Basketball Registration

Early Bird: Oct. 6-Oct. 19; Regular: Oct. 20-31



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